

JANUARY
25 CENTS

"I Grouched Myself Into Divorce"

Physical Culture

Should I
Marry
My Cousin?

How
Muldoon
Builds Men

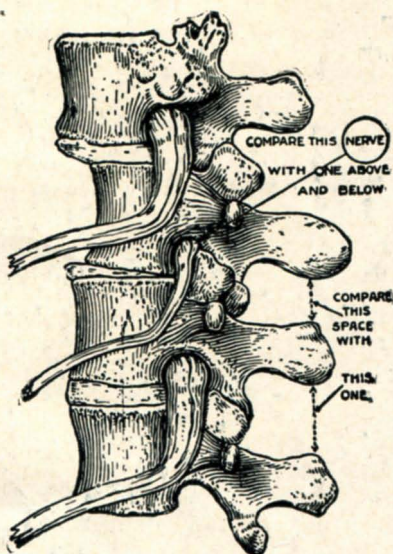
Just What
Are
Vitamines?



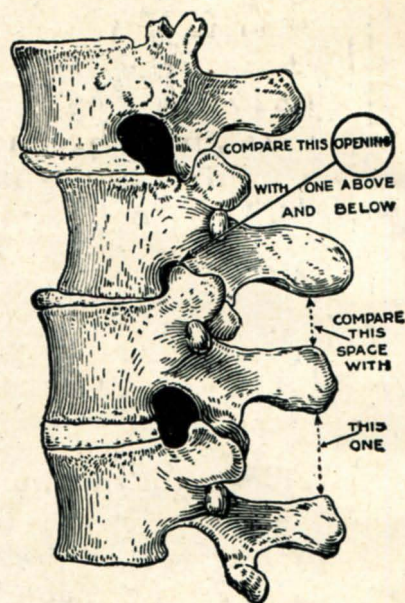
CHIROPRACTIC

Consists Entirely of Adjusting the Movable
Segments of the Spinal Column
to Normal Position

HOW DOES NERVE IMPINGEMENT CAUSE DISEASE?



The spine, or backbone, is composed of 24 vertebræ, movable segments, or series of joints forming a supporting column from which the muscular activities radiate. These vertebræ form the neural canal that contains the spinal cord, and from both sides of the spinal cord are sent out 31 pairs of nerve trunks that pass through small openings (see cut), between each of these vertebræ, passing to the different organs of the body, conveying from



the brain the vital force or mental impulse which is life and health to every part. When these vertebræ are in position the nervous tissue conveying life and health are protected; when the vertebræ are out of alignment the nerve trunk is pressed upon as it passes between them (see cut), and its carrying capacity is reduced, thus causing disease; or, if the pressure is sufficient, it cuts off the nerve supply entirely and paralysis and death result, because the health of every organ of the body, and the power to perform its functions, is supplied through the nervous system.

Chiropractors adjust the subluxated vertebræ to relieve the pressure on the nerve trunk.

How a subluxated vertebrae occurs and how it can cause pressure on a nerve trunk is readily seen by the accompanying cuts.

Alfred Walton, M. D. (Harvard 1879), says: The spine has more to do than any other factor with the maintenance of health on the one hand or the establishment of disease on the other."

GET THE IDEA!

UNIVERSAL CHIROPRACTORS' ASSOCIATION

Davenport, Iowa, U. S. A.

*Information regarding Chiropractic Schools and Practitioners
furnished on request.*

An Open Letter

Do you recall one of those rare moments in life when the veil is lifted for a moment, when a breath of inspiration comes like a flash, when the future seems to be suddenly illuminated, when you feel a mastery stealing into hands and brain, when you see yourself as you really are, see the things you might do, the things you can do, when forces too deep for expression, too subtle for thought, take possession of you, and then as you look back on the world again, you find it different, something has come into your life—you know not what, but you know it was something very real?

Winning victories is a matter of morale, of consciousness, of mind. Would you bring into your life, more money, get the money consciousness, more power, get the power consciousness, more health, get the health consciousness, more happiness, get the happiness consciousness? Live the spirit of these things until they become yours by right. It will then become impossible to keep them from you. The things of the world are fluid to a power within man by which he rules them.

You need not acquire this power. You already have it. But you want to understand it; you want to use it; you want to control it; you want to impregnate yourself with it, so that you can go forward and carry the world before you.

And what is this world that you would carry before you? It is no dead pile of stones and timber; it is a living thing! It is made up of the beating hearts of humanity and the indescribable harmony of the myriad souls of men, now strong and impregnable, anon weak and vacillating.

It is evident that it requires understanding to work with material of this description; it is not work for the ordinary builder.

If you, too, would go aloft, into the heights, where all that you ever dared to think or hope is but a shadow of the dazzling reality, you may do so. Upon receipt of your name and address, I will send you a copy of a book by Mr. Bernard Guilbert Guerney, the celebrated New York author and literary critic. It will afford the inspiration which will put you in harmony with all that is best in life, and as you come into harmony with these things, you make them your own, you relate with them, you attract them to you. The book is sent without cost or obligation of any kind, yet many who have received it say that it is by far the most important thing which has ever come into their lives.

Be careful that you do not miss this wonderful opportunity because of its great simplicity. Get your letter in the mail today; it will take but a moment, but it may be the supreme moment, in which you may discover the secret for which the ancient alchemists vainly sought, how gold in the mind may be converted into gold in the heart and in the hand!

CHAS. F. HAANEL, 212 Howard Bldg., St. Louis, Mo.

Physical Culture

Founded By Bernarr Macfadden

Volume XLVII

JANUARY, 1922

No. 1

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"The GOLD NUGGET among FOODS"



Illustrations show trees photographed when 2½ years old. Since that date they have added considerable growth and thickened in trunk.



The Paper Shell Pecan is the gold nugget among foods—every way you look at it.

Just as the gold nugget is the purest, most valuable form of natural gold—because it is gold in its most concentrated form—so the paper shell pecan is the **"the purest, sweetest, most highly concentrated of all natural foods."**

Just as the gold nugget reduces to the minimum the cost of refining—producing most gold with least labor—so the paper shell pecan is the finest source of fat and protein that Nature supplies, ready to eat without expensive refrigerated transportation and storage, without arduous, costly preparation for the table.

The paper shell pecan is a staple food in year-'round demand which comes from the trees sealed in Nature's wonderful air-tight carton—the easily-opened paper shell—from which the large kernels are easily removed whole without the use of nut crackers.

The paper shell pecan is the best of investments from a food standpoint, because of its concentrated nutriment, its purity, its ease of shipping, storage and preparation.

The paper shell pecan orchard is the best of investments because of the fast growing demand for this finest of all natural foods—because **"we have now one pecan where we ought to have a million,"** as Burbank, the Edison of Agriculture, says. The best of investments because this increasing demand exhausts the increasing supply earlier each succeeding year; because once established and bearing, the paper shell pecan orchard yields increasingly large crops not only for one generation, but for succeeding generations. **"The longevity of the pecan orchard and its immense earning power make it one of the most profitable and permanent of agricultural investments,"** is the statement attributed to Burbank by *The American Nut Journal*. "We are building an industry which for generations should yield its bountiful crop of delicious food and bring millions of dollars to our citizens," says page 1478, Vol. 54, of the U. S. Congressional Record.

Unlike the gold mine, which becomes less valuable as you remove the gold from it, the pecan orchard gains in value because of its increasing yields.



Get This Free Book "PAPER SHELL PECANS"

Learn why E. Lee Worsham, when State Entomologist of Georgia, wrote, **"In my opinion the pecan growers of South Georgia have the finest horticultural proposition in the United States."**

Learn more about the food value of the pecan; note that the consumption of nut meat in the United States has increased thirty-nine times as

quickly as the population; learn how you can secure the paper shell pecans you need for your own table and a surplus to sell at a profit, under our co-operative, profit-sharing plan. Learn of the exceptional opportunity to secure

3-Year-Old Certified Established Orchards,

hastening by three full years your profitable crops of pecans. This book illustrates trees of all ages, shows how your pecan orchard is planted for you with twenty budded trees on each acre-unit, how it is cared for and cultivated—we assuming all responsibility for turning over a thrifty, growing orchard. It proves its every statement by noted food experts and agricultural authorities and by government statistics. Makes clear the plan by which your orchards are full paid in case of death—

A Special \$25 Discount Per Acre-Unit, on a Limited Allotment is offered to those who act promptly. Write today for this free book—use that coupon.

ELAM G. HESS, President, Keystone Pecan Co., Inc.
Box 401, MANHEIM, LANCASTER CO., PA.

Reference: Keystone National Bank, Manheim, Pa.

PATRICIAN PECANS

The Pinnacle of Pecan Perfection

"Patrician Pecans are the finest nuts I ever saw," says Dr. J. H. Kellogg, head of the famous Battle Creek Sanitarium.

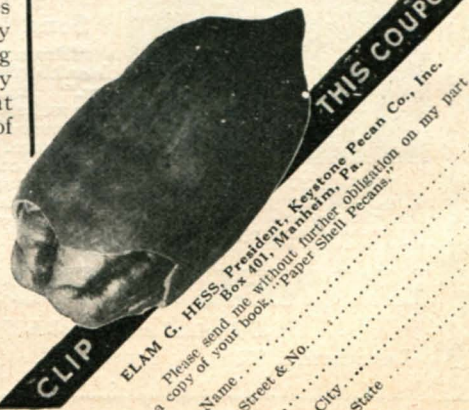
The illustration below shows the large size of these deluxe pecans—the choicest of the fine, big, thin-shell pecans, superior in size, quality and flavor. Their large luscious kernels are easily removed whole.

SEND ME \$1.50 TODAY

and I will send you postpaid a beautiful 12 oz. Gift Box of Patrician Pecans, fresh from the orchard.

GUARANTEE—Eat six at my risk; if dissatisfied return the balance within ten days and get your \$1.50 back. I could not make this offer if these were not the choicest of the fine, big, thin-shell pecans, sure to please you in every way. Family package, 10 lbs. delivered \$15.00.

ELAM G. HESS,
Box 401, Manheim, Pa.



THIS COUPON

CLIP
ELAM G. HESS, President, Keystone Pecan Co., Inc.
Box 401, Manheim, Pa.
Please send me without further obligation on my part
a copy of your book, "Paper Shell Pecans."
Name.....
Street & No.....
City.....
State.....

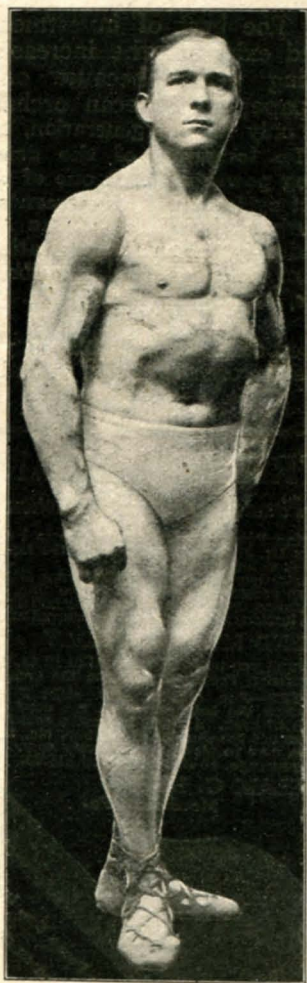
Banish YOUR Ailments



Weak, sickly, anemic misfits have no chance in the battle of life. They can never win because they haven't the strength, pep and vigor to get started. Sympathy for weakness is polite contempt. You don't count if you are not physically fit. The strong, healthy, vigorous man is the popular man—the man whom everybody wants for a friend. Success is the Gift of the Strong—physical weaklings must take what is left over and fall back with the defectives and tail-end failures.

Get Rid of Your Handicaps

You can be healthy and successful—you can free yourself of the ailments and defects that are holding you



down and that sooner or later will cause you to lose your friends and your job. You can build yourself up—clear your befuddled brain—develop your muscles, purify and enrich your blood, strengthen and correct every organ and function, and get a new start in life, if you will only look the facts squarely in the face and *get busy* and



FIT YOURSELF FOR THE JOYS OF LIFE

Strongfortism, The Modern Science of Health Promotion, has lifted thousands of weak, ailing, discouraged men out of the bog of hopelessness and despair and placed them on the Straight Road to Health, Happiness, and Prosperity. Strongfortism has aided Nature in overcoming such ailments as Catarrh, Constipation, Indigestion, Rupture, Nervousness, Poor Memory, etc., and the results of neglecting the body. Strongfortism has given them renewed confidence, vitality, ambition, success; and fitted them for the responsibilities of life. It can do the same for you, irrespective of your age, occupation or surroundings. I guarantee it.

My Methods Restore Men

Do not confuse the Science of Strongfortism with ordinary gymnastic or so-called physical culture courses. My long years of study and research have taught me scientific truths about the healing and corrective forces of Nature that are embodied exclusively in the Strongfort Principles. That is why I am able to secure astonishing results and banish the use of drugs and dope.

Send for My FREE Book

"Promotion and Conservation of Health, Strength and Mental Energy." It will tell you frankly how you can make yourself over into a vigorous specimen of Vital Manhood. It is absolutely free. Just check the subjects on the free consultation coupon on which you want special information and send to me with a ten cent piece (one dime) to help pay postage, etc. Send for my free book **Right Now**.

LIONEL STRONGFORT
Dr. Sargent, of Harvard, declared that "Strongfort is unquestionably the finest specimen of physical development ever seen."

LIONEL STRONGFORT

Physical and Health Specialist

Department 603

Founded 1895

Newark, New Jersey

FREE CONSULTATION COUPON

Mr. Lionel Strongfort, Dept. 603, Newark, N. J.—Please send me your book "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY," for postage on which I enclose a 10c piece (one dime). Send me special information on subjects marked (X) below, without obligation.

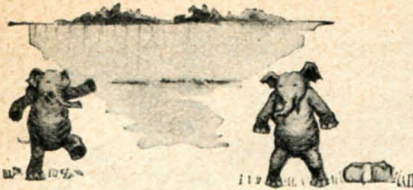
- | | | |
|-------------------|--------------------|------------------------|
| ..Colds | ..Short Wind | ..Skin Disorders |
| ..Catarrh | ..Flat Feet | ..Falling Hair |
| ..Hay Fever | ..Constipation | ..Deformity (Describe) |
| ..Asthma | ..Billousness | ..Stomach Disorders |
| ..Obesity | ..Torpid Liver | ..Successful Marriage |
| ..Headache | ..Indigestion | ..Weak Eyes |
| ..Thinness | ..Nervousness | ..Pimples |
| ..Rupture | ..Poor Memory | ..Blackheads |
| ..Lumbago | ..Rheumatism | ..Round Shoulders |
| ..Neuritis | ..Gastritis | ..Lung Troubles |
| ..Neuralgia | ..Heart Weakness | ..Female Disorders |
| ..Flat Chest | ..Poor Circulation | ..Muscular Development |
| ..Insomnia | ..Increased Height | ..Weak Back |
| ..Vital Depletion | ..Easy Childbirth | ..Healthy Children |
| ..Youthful Errors | ..Despondency | ..Manhood Restored |
| ..Impotency | ..Anemia | ..Weaknesses |
| ..Bad Blood | | |

Name

Age..... Occupation.....

Street

City..... State.....



Have You As Good a Memory As this Elephant?

AT the New York Hippodrome people have been amazed by the marvelous acts of Captain George Powers' elephants.

In the famous Baseball Scene the elephants actually play a game of ball. All the hundred and one little motions are gone through just as you see them on the baseball diamond. The ball is actually thrown from the pitcher's trunk and cleverly caught by the trunk of the catcher. The batsman keeps his eye on the ball, swings when he gets one to suit him and runs when he makes a good clean hit. Many little side plays take place, the signals of the catcher, the whispered conferences between catcher and pitcher, the scraping of the feet, the pounding on the plate and various signs of impatience on the part of the ponderous batsman.

No instructions are given by the trainer—they are not needed. For an elephant never forgets. These animals know nothing about the significance of the game they play—it is purely a demonstration of their extraordinary powers of memory. The Baseball Scene was put on at one time, after a lapse of 4 years, WITHOUT A REHEARSAL and not a single little by-play had been forgotten.

Nature has given the Elephant miraculous memory powers which might well be the envy of the average man or woman. Yet, if one knows how one can easily and quickly attain a retentive memory beside which the memory of any animal would be insignificant.

Cuvier's Marvelous Memory

The famous Cuvier for example, knew the secret. When a large part of a book of accounts had been destroyed by fire he restored the several thousand figures accurately from memory without a single error. Such feats for most of us seem like an almost supernatural development. Yet you will probably be surprised to know that in one single evening any one can master the secret of a "mind which never forgets."

An Amazing Experience That Brought Thousands of Dollars

Let Mr. Victor Jones tell of his experience in finding out about this astonishing secret:

"As we went into the banquet room," Mr. Jones relates, "the toastmaster was introducing a long line of guests to Mr. Roth. I got in line and Mr. Roth asked me: 'Mr. Jones, what are your initials, your business connections and your telephone number?'"

"Why he asked this I learned later, when he picked out from the crowd the 60 men he had met two hours before, and called each one by name without a mistake. What is more, he named each man's business and telephone number for good measure."

"He did many other amazing things. He called back long lists of numbers, stock quotations, bank clearings, parcel post rates, etc., that were read out to him. A pack of cards were shuffled, then the names of the cards in their present position were called out to him. He turned his back toward the cards and instantly named the cards in the order in which they now stood in the pack. Then named them in reverse order."

"When I afterward complimented Mr. Roth on these marvelous feats, he said, 'You can do this just as easily as I do. You can learn quickly to remember anything you wish—names, faces, facts, figures, business data, articles you've read, etc.'"

Learn the Secret in One Evening

"I can teach you the secret of a good memory in one evening," Mr. Roth continued. 'I have done this with thousands. In the first of seven simple lessons which I have prepared so that any one can follow them at home, I explain the basic principle of my whole system. Best of all, it doesn't seem like work or study. It's like playing a fascinating game.'"

"Well, I could hardly wait until the next day to get his course from his publishers, the Independent Corporation. When I tackled the first lesson I was the most surprised man in 48 states. I found that in one hour I had learned how to remember a list of one hundred words, so that I could repeat them forwards and backwards without a single mistake! And it was but a question of days before I learned to do exactly what he had done. At first I amused myself with my new-found ability by amazing people at parties. My 'memory-feat,' as my friends called it, surely made a hit, and I was showered with invitations for all sorts of affairs. If anyone were to ask me how quickly to develop social popularity, I would tell him to learn my memory-feat."

I discovered that my memory training had literally put a razor edge on my brain. My mind had become clearer, quicker, keener. I was fast acquiring that mental grasp and alertness I had so often admired in men who were spoken of as 'wonders' and 'geniuses.' Formerly I never could think of things to say until the conversation was over. But now I can think like a flash. I never have to hesitate for the right word or the right thing to say.

Brought Business Advancement

"It wasn't long before my new-found ability to remember things attracted the attention of our president. He got in the habit of calling me in whenever he wanted facts about the business. He said: 'You can always tell me instantly what I want to know, while the other fellows annoy me by saying 'I'll look it up.'"

"In fact, my newly acquired memory power has been of the greatest value in my business career. Very substantial and steady increases in my salary are directly due to the secret I learned from Mr. Roth."

"I could tell hundreds of ways I have profited by my trained memory. No longer do I suffer the humiliation of meeting men I know and not being able to recall their names. The moment I see a

400,000

people have paid \$5 or \$7 for one of our Self-Improvement Courses—and remember no one was asked to pay until he had five days to examine the course in his own home.

Until the Independent Corporation published the "Roth Memory Course," "Paragon Shorthand," "Mastery of Speech," "Drawing, Art and Cartooning," "Reading Character at Sight," "How to Write Stories," "Super-Salesmanship," and other personal development courses, where could any one buy similar courses for less than \$15 to \$75?

Because we want to add two hundred thousand more names to our list of satisfied customers at an early date, we are making a

SPECIAL PRICE, \$3
(Regular Price \$5)
Others sell from \$15 to \$75

Act quickly as this special opportunity may be open for only a short time. Many purchasers have written letters similar to Robert P. Downs, of Detroit, Mich., who recently wrote:

"I can't see how you ask so little, while others with far inferior courses get from \$20 to \$80 for theirs."



man his name flashes to my mind together with a string of facts about him. I always liked to read, but usually forgot most of it. Now I find it easy to recall what I have read. I can now master a subject in considerably less time than before.

"You can well imagine that I would not take thousands of dollars for the benefits I have derived from Mr. Roth's little course on Memory."

Victor Jones.

Make This Test—Free

So confident is the Independent Corporation, the publishers of the Roth Memory Course, that once you have an opportunity to see in your own home how easy it is to discover in a few short hours how to double, yes, triple your memory power, that they are willing to send the course on free examination.

Don't send any money. Merely mail the coupon or write a letter and the complete course will be sent, all charges prepaid, at once, so that you may take advantage of the special price and save \$2.00. If you are not entirely satisfied send it back any time within five days after you receive it and you will owe nothing.

On the other hand, if you are as pleased as are the thousands of other men and women who have used the course send only \$3, in full payment. You take no risk and you have everything to gain, so mail the coupon now before this remarkable offer is withdrawn. Independent Corporation, Dept. R-241, 319 Sixth Avenue, New York.

FREE EXAMINATION COUPON

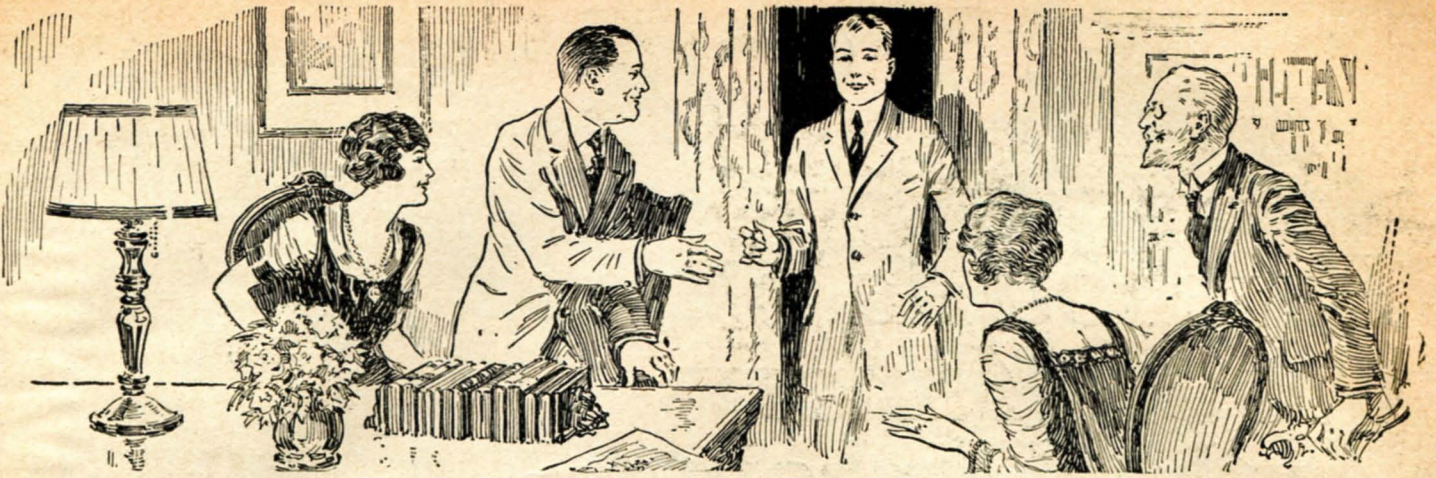
Independent Corporation

Dept. R-241, 319 Sixth Ave., New York

Gentlemen:—Please mail me the "Roth Memory Course" for 5 days' free trial. If I decide to keep it, I will remit \$3 in full payment. Otherwise I will return it to you within 5 days. It is understood that the coupon puts me under no obligations whatsoever.

Name.....

Address.....P. C. 1-22



How to Make a Hit with Influential People!

SOMETHING about Richard Bradley made him attract unusual attention wherever he went. You would instinctively pick him out of a crowd as worthy of note. In a gathering of any sort—at the club, at dinners or business meetings—the most important people present could always be found around Bradley, eager to make friends with him. And as for the ladies—well, to use a colloquial expression, they literally “threw themselves at him.”

It wasn't Bradley's physical appearance, or the way he dressed or acted, that caused him to attract such favorable attention. In these things he was not unlike other men. But there was a vividness and charm about him which you felt the moment you saw him; and in his eye was the glint of steel acquired only by men who are doing things in a big way.

Yet he had started life as an errand boy with a grammar-school education. And now at 29 years of age he was making \$12,000 a year in a keenly-competitive business in which none but mature men of high education were supposed to be able to succeed.

BRADLEY and I saw each other often, and, naturally, I valued his friendship highly. One day he dropped in to see me with a “tip” on a big job he said I could get if I'd go after it. It was a big job—right in my line—but I felt it was altogether too big for me at that time. I doubted if I could get it; and even if I could, I didn't see how I could possibly be worth the large salary it paid. As I told this to Bradley a look of surprise, then of utter amazement, flashed across his face.

“Too big for you!” he exploded—“what nonsense! Nothing is too big, or too important, or too good for you—or for anyone else. Get that foolish nonsense out of your mind. The reason why you and lots of other fellows aren't getting more money is because you let the world bluff you. You've already got the ability—much more than many men holding high positions—but you haven't yet learned the knack of making people pay you big money for it.”

Bradley then told me astonishing things about men and women, life, business and the world in general. I was utterly astounded at what he said. It seemed as though a curtain had suddenly been lifted from my eyes and I could now see clearly for the first time. Then he drew his chair close to mine and told me a mental knack to use in dealing with people so as to immediately destroy any advantage they have over you, and to gain the advantage yourself.

“And now,” continued Bradley, in a tone of friendly command, “telephone to the man I told you about and ask for an appointment.”

How to—

- gain the self-assurance that strongly impresses people;
- overcome nervousness in meeting people;
- meet and deal with “big” people as easily as you do your closest friends;
- quickly develop an impressive, winning personality;
- dominate and control people;
- prevent people from out-witting you;
- quickly get a substantial raise, promotion or anything you especially want;
- use the secret of making big money to bring you quick results;
- make people look upon you as a “winner”;
- intensify your knowledge and skill, without further study, to make it bring you substantial and quick rewards;
- win your way into the highest social circles.

ple in authority. Recent researches in psycho-analysis prove that even today most of us have an undue respect for, or actual fear of, people in positions of authority. We may not realize it. Consciously we may not have this fear; but, nevertheless, we have it—planted deep in our subconscious mind—inherited from our ancestors.

“That is why so few people get the rich rewards they are entitled to. They know they are worth more money, but they dislike to face the boss. They know they have the ability to hold a bigger job, but lack the know-how and the nerve to get it. Tens of thousands of natural-born money-makers and leaders of men are today held down to underpaid jobs simply because they are bluffed by other men. And many splendid men and women find themselves unable to enter high social circles, simply because of an inherited state of mind.

“But there's a simple way to quickly overcome this inherited handicap,” continued Bradley. “It will not only wipe out your fears, but give you invincible courage, dash and intrepidity which sweeps everything before it, and makes people view you with amazed admiration. It will enable you to dominate other people instead of being dominated by them.” And then he told me the actual methods

to use—the methods which enabled me to win and hold my big job which pays me three times more than I ever thought myself capable of earning.

Startling Revelations!

THE whole of these astonishing facts, with all the powerful methods, are clearly and fully told in “NERVE,” a remarkable 6-volume pocket-size Course by William G. Clifford. That is where Bradley got his information which enabled him and his friend to accomplish such remarkable things. Within one hour after you start to read this astonishing Course your eyes will be opened as they never were opened before! There is nothing to laboriously study or learn. You can apply at once the powerful methods it gives you—methods which will immediately thrill you with invincible courage and give you great power over men and women and the world at large.

SEND NO MONEY.

Merely fill in and mail the coupon. The complete Course “NERVE,” in six attractive volumes, goes to you immediately. Simply pay the postman \$1.25 plus postage and the complete Course is yours. If you are not delighted, return the Course within five days and your money will instantly be refunded.

You have always wanted to know how to forcefully assert yourself to command respect from other men; how to meet the biggest business and social leaders with the impressive manner that wins their admiration; how to feel at ease under all conditions; how to know if the other man is bluffing you and how to quickly turn the tables on him. All these things and more—including the secret of making big money—are clearly and specifically told in “NERVE,” as you will quickly see to your great profit and delight.

We may be compelled to withdraw this remarkable offer at any moment, so it is suggested that you get “NERVE” now—before it is too late!

Fairfield Publishers Inc.,

110 West 40th Street (Dept. 877) New York City

FAIRFIELD PUBLISHERS Inc., 110 W. 40th St., New York City
Send me “NERVE” by William G. Clifford, in six pocket-size volumes. I will pay the postman \$1.25 plus postage in full payment on arrival. It is understood that, if I am not more than satisfied, I may return the Course to you within five days and receive my money back instantly.

Name.....
(Print name and address clearly)

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City.....

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How We Stopped the Leaks That Kept Us Poor



How Howard Lindsay and His Wife Discovered an Easy Way to Save One-Third of Their Income. A Secret That Applies to Any Income

By HARRISON OTIS

WHO should walk into the room, but Howard Lindsay! Of all the men perhaps he was the last I had expected to find as the president of this great new company. They had told me that Mr. Lindsay, of the Consolidated, was looking for a fine country home and was interested in buying the Dollard Place in Englewood; so as executor of the Dollard estate I had come to discuss the terms with him.

But Lindsay! Surely some miracle had happened. For it was the very man who had come to me "dead broke" about four years back and asked me to help him get a new job.

"You are surprised, Mr. Otis, I can see that without your telling me. Let that real estate matter rest for a moment while I tell you how the change happened. It won't take five minutes. It all seems simple as A B C, as I look back on it now.

How It All Began

"Our new life began when we discovered how to save money. That happened soon after I started in the new job you helped me secure. And it all came about right in my own home. Our sole source of supply was my salary of \$3,000. That first year we didn't save one cent. Besides that, we woke up on New Year's day to find a big bunch of unpaid bills to be taken care of somehow or other out of future salary checks.

"When I asked myself the reason for all this I found that I did not know the reason, and no more did my wife, because we hadn't the faintest idea what our money had been spent for.

"Then we looked around among our friends and learned a great lesson.

"The Weeds, I knew, were getting more than \$5,000 a year. They lived in a modest apartment, did not wear fine clothes, seldom went to the theatre, did little entertaining, yet we knew they barely had enough money to pay current bills.

"In the case of the Wells, I found a very different story and one that set me thinking hard. Their income was \$2,000 a year, yet, to my amazement, they confided to us that they had saved \$600 a year ever since they were married. They didn't have any grand opera in their program—except on their little Victrola—but they did go to the theatre regularly, they wore good clothes, entertained their friends at their home and were about the happiest and most contented couple of all our married friends.

"The difference between these two families was that in one case the expenditures were made without any plan—while in the other the income was regulated on a weekly budget system.

"We sat down that evening and made up a budget of all our expenses for the next fifty-two weeks. We discovered leaks galore. We found a hundred ways where little accounts could be saved.

"In one short month we had a 'strangle hold' on our expenses and knew just where we were going. In one year, my wife proudly produced a bank book showing a tidy savings account of \$800.

My New Grip on Business

"In the meantime an extraordinary change had come over me in business.

"I didn't fully realize this until the president called me in one day and said, 'Lindsay, you have been doing exceptionally well. I have been studying your work for the last year and you have saved the company a lot of money. We have decided to give you an interest in the business.'

"So there you are. It is wonderful, isn't it? I often wish I might tell my story to the thousands of young married couples who are having the hardest time of their lives just when they ought to be having the best time."

So now I have the opportunity and you are lucky, if only you will act on the wonderful message this story contains.

HARRISON OTIS.

The Magic Budget Plan

The Ferrin Money Making Account System is built on the experience of Howard Lindsay. This system, which is simplicity itself, comprises:

The Ferrin Money Making Account Book.

The Ferrin Kitchen Calendar (for the household).

The Ferrin Pocket Account Book.

The Ferrin Investment and Insurance Register.

The Ferrin Household Inventory and Fire Insurance Record.

Compact information is given on Making a Budget, Keeping Expense Accounts, Making Safe Investments, Making an Inventory of Household Goods.

There is no red tape or complicated bookkeeping in this system—it is so simple that anyone can keep it—so convenient that you will not notice the few moments of your time required to make entries. The Pocket Account Book (price when sold separately 50 cents) contains printed slips so that you have only to jot down the amounts of your daily expenditures. The Kitchen Calendar (price 50 cents) keeps track of household expenses. At the end of each week or month these amounts are transferred to the Money Making Account Book, which contains 112 pages, size 8½x10½ inches, and is bound in half blue Silk Cloth Back—Cadet Blue Cover, Paper Sides—Turned Edges, semi-flexible, stamped in gold on Front Cover. This book has been prepared by an expert to fit any salary from the smallest to the largest. Incorporated in it is a recapitulation for every month of the year, which shows at a glance the Budget and the amounts paid out during the month for the various classified items of expense. It is the only book to our knowledge which has a Budget column for every month. Special columns are provided for items on which an income tax does not have to be paid, so that these amounts may be deducted at the end of the year.

One Money Saving Feature

A war tax is now levied on almost every kind of article you buy. Few people know that the amounts so paid on daily purchases may properly be deducted before figuring their income tax report. By keeping track of these war taxes on the pages for daily expenditures, and transferring the weekly or monthly totals to the Money Making Account Book, you will effect a saving on your income tax that will surprise you and that will pay the small price of the System many times over.

The Ferrin Investment Insurance Register is designed to keep an accurate record of your investments, insurance policies, etc. Contains 32 pages, size 5x8 inches, price separately, 50c. The Ferrin Inventory and Fire Insurance Record will enable you to make and keep a complete inventory of every room in the house, also provides for record of your fire insurance policy. It is an absolute necessity in case of a fire. It may save you many thousand times the cost, which is 50c when sold separately.

Two Minutes a Day

The Ferrin Money Making Account System takes only two minutes a day. Any bright grammar school boy or girl can keep the accounts. This method is not a hard task.

Now you need not worry about the money you spend for clothes, food, rent or the theatre. You will spend it freely because you will know how much you can afford to spend.

The Ferrin Money Making System is a most practical gift to any newly married couple. Many people use them for Christmas gifts.

Send No Money

See how magically the Ferrin Money Making Account System works, no matter how much or how little your income.

We know what you will think of it when you see it. So we are willing to send you the complete system without your sending us any money in advance. Just mail the coupon, and back will come the system by return mail. If you feel that you can afford not to have it, simply send it back and you will owe nothing.

But when you have seen what big returns the Ferrin System will pay you, you will surely want to keep this wonderful aid to money-making; especially as we are now making a special, short-time offer of only \$2.00 for the complete system.

You will appreciate what a remarkable offer this is when you consider that other expense account books are sold for \$3 and cover a period of only two years. The Ferrin Money Making Account Book covers four years, and therefore has twice the value, \$6. And in addition you get the Ferrin Kitchen Calendar, the Ferrin Pocket Account Book, the Ferrin Investment and Insurance Register, the Ferrin Household Inventory and Fire Insurance Record, each worth 50c, or \$2.00. You have the opportunity, therefore, of securing \$8 value for only \$2.00.

But we make this special combination offer only for a limited time. We expect to place this System in one hundred thousand homes this year. We want your home to be one of them. You are therefore urged to mail the coupon now—to do so costs nothing and does not obligate you in any way, and it may be a revelation to you of how much more you can get out of your income. Independent Corporation, Dept. F-241, 319 Sixth Avenue, New York.

READ!

Letters from Head of Financial Department of Largest Corporation of its kind in the United States.

Independent Corporation.

Gentlemen:

I consider your account book a remarkable contribution to the people of this country at this time.

In our company we have 5000 employees and it was a revelation to me in giving them advice in regard to the making out of their income tax returns to find how few had any intelligent idea of their living expenses.

The simplicity of your plan which by comparison with previous methods of account keeping would seem to be well-nigh automatic appeals to me strongly.

They say you can't teach an old dog new tricks, but I will say to you that I am going to use the Ferrin Book for my own family expenses, and consider it will make money for me right from the start.

(Signed)
D. S. BURTON.

FREE EXAMINATION COUPON

Independent Corporation

Dept. F-241, 319 Sixth Ave., New York

Please send me the Ferrin Money Making Account System (the entire five books) for Free Examination. I will send you two dollars in full payment within five days after receipt, or return the books.

Name

Address

Why Some People Are Never At Ease Among Strangers

PEOPLE of culture can be recognized at once. They are calm, well-poised. They have a certain dignity about them, a certain calm assurance which makes people respect them. It is because they know exactly what to do and say on every occasion that they are able to mingle with the most highly cultivated people and yet be entirely at ease.

But there are some people who are never at ease among strangers. Because they do not know the right thing to do at the right time, they are awkward, self-conscious. They are afraid to accept invitations because they do not know what to wear, how to acknowledge introductions, how to make people like them. They are timid in the presence of celebrated people because they do not know when to rise and when to remain seated, when to speak and when to remain silent, when to offer one's chair and when not to. They are always uncomfortable and embarrassed when they are in the company of cultured men and women.

It is only by knowing definitely, without the slightest doubt, what to do, say, write and wear on all occasions under all conditions, that one is able to be dignified, charming and well-poised at all times.

How Etiquette Gives Charm and Poise

Etiquette means good manners. It means knowing what to do at the right time, what to say at the right time. It consists of certain important little laws of good conduct that have been adopted by the best circles in Europe and America and which serve as a barrier to keep the uncultured and ill-bred out of the circles where they would be uncomfortable and embarrassed.

People with good manners, therefore, are people whose poise and dignity impress you immediately with a certain awe, a certain respect. Etiquette makes them graceful, confident. It enables them to mingle with the most cultured people and be perfectly at ease. It takes away their self-consciousness, their timidity. By knowing what is expected of them, what is the correct thing to do and say they become calm, dignified and well-poised—and they are welcomed and admired in the highest circles of business and society.

Here's the Way People Judge Us

Let us pretend that we are in the drawing room and the hostess is serving tea. Numerous little questions of conduct confront us. If we know what to do we are happy, at ease. But if we do not know the correct and cultured thing to do, we are ill at ease. We know we are betraying ourselves. We know that those who are with us can tell immediately, simply by watching us and talking to us, if we are not cultured.

For instance, one must know how to eat cake correctly. Should it be taken up in the fingers or eaten with a fork? Should the napkin be entire? unfolded or should the

center crease be allowed to remain? May lump sugar be taken up with the fingers?

There are other problems, too—many of them. Should the man rise when he accepts a cup of tea from the hostess? Should he thank her? Who should be served first? What should the guest do with the cup when he or she has finished the tea? Is it good form to accept a second cup? What is the secret of creating conversation and making people find you pleasant and agreeable?

It is so easy to commit embarrassing blunders, so easy to do what is wrong. But etiquette tells us just what is expected of us and guards us from all humiliation and discomfort.

Etiquette in Public

Here are some questions which will help you find out just how much you know about the etiquette that must be observed among strangers. See how many of them you can answer.

When a man and woman enter the theatre together, who walks first down the aisle? When the usher points out the seats, does the man enter first or the woman? May a man leave a woman alone during intermission?

There is nothing that so quickly reveals one's true station and breeding than awkward, poor manners at the table. Should the knife be held in the left hand or the right? Should olives be eaten with the finger or with a fork? How is lettuce eaten? What is the correct and cultured way to eat corn on the cob? Are the finger-tips of both hands placed into the finger-bowl at once, or just one at a time?

When a man walks in the street with two women does he walk between them or next to the curb? Who enters the street car first, the man or the woman? When does a man tip his hat? On what occasions is it considered bad form for him to pay a woman's fare? May a man on any occasion hold a woman's arm when they are walking together?

Some people learn all about etiquette and correct conduct by associating with cultured people and learning what to do and say at the expense of many embarrassing blunders. But most people are now learning quickly and easily through the famous Book of Etiquette—a splendid, carefully compiled, authentic guide towards correct manners on all occasions.

The Book of Etiquette

The Book of Etiquette makes it possible for you to do, say, write and wear what is absolutely correct and in accord with the best form on every occasion—whether you are to be bridesmaid at a wedding or usher at a friend's private theater party. It covers everyday etiquette in all its phases. There are chapters on the etiquette of engagements,



Many embarrassing blunders can be made in a public restaurant. Should the young lady in the picture pick up the fork or leave it for the waiter to attend to? Or should one of the men pick it up?

weddings, parties and all social entertainments. There are interesting chapters on correspondence, invitations, calls and calling cards. New chapters on the etiquette in foreign countries have been added, and there are many helpful hints to the man or woman who travels.

With the Book of Etiquette to refer to, there can be no mistakes, no embarrassment. One knows exactly what is correct and what is incorrect. And by knowing so definitely that one is perfect in the art of etiquette, a confident poise is developed which enables one to appear in the most elaborate drawing-room, among the most brilliant and highly cultured people, without feeling the least bit ill at ease.

Send No Money

To enable everyone, everywhere, to examine the famous Book of Etiquette without obligation, we make this special offer to send the complete two-volume set free for 5 days to anyone requesting it. Entirely free—no money in advance. All that is necessary is your name and address on the coupon below and the Book of Etiquette will be sent to you at once at our expense. You have the privilege of examining it, reading it, and deciding for yourself whether or not you want to keep it.

Send for the Book of Etiquette today. Read some of the interesting chapters. Surprise your friends and acquaintances with your knowledge of what to do, say, write and wear on all occasions. And when you have been fully convinced that etiquette widens your circle of friends, makes you admired and respected, increases your knowledge of society and its requirements, gives you poise, self-confidence and charm—keep the set and send us \$3.50 in full payment. But if you are not utterly delighted after the 5-day free trial, simply return books and you won't be out a cent.

The Book of Etiquette is published in handsome cloth binding decorated in gold. Send for your set today. Just the coupon, remember—no money. But get your coupon off NOW. Nelson Doubleday, Inc., Dept. 81, Oyster Bay, N. Y.

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Without money in advance, or obligation on my part, send me the Two Volume set of the Book of Etiquette. Within 5 days I will either return the books or send you \$3.50 in full payment. It is understood that I am not obliged to keep the books if I am not delighted with them.

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The Magic Power to Mould Men's Minds!

Win Others To Your Wishes—Put Your Ideas Across—Increase Your Success In Social and Business Lines—All Through The Power of Words. Learn The Secret in One Evening.

"THAT'S right, Jones. I told Mr. Dumas that I believed if anyone in this office was capable of closing such a deal you were. But how did you ever manage to get that tough old bird to sign up for such an order? Why, it's big enough to keep the entire factory working overtime for at least two months—and this during the dull season!"

These few words, overheard as I was entering our Sales Manager's office, pretty nearly made me jump out of my shoes.

Here was Jones—a man who had only been with us a little over three months, walking off with absolutely the biggest plum in the wholesale field. He had closed an order that everyone of our older "star" salesmen had fallen down on. What on earth was to account for his extraordinary success?

There was something about Jones entirely different from most other people I'd ever met. He always seemed to know just what to say to get on the right side of anybody. He could take even the most common place sales arguments and express them in a manner that compelled interest. People positively went out of their way to be nice to him. In his hands even the most disgruntled customer was easily pacified. Indeed, the more I saw of Jones the more I wondered how he had acquired this magic power.

The Secret of His Startling Success

One day, at lunch I came out with the question. He laughed good naturedly; stalled a bit; then began: "I don't much care to talk about myself, but if I must, I shall have to start with a confession. 'Up to a year ago I knew nothing about the wonderful power of language."

"I had been out to Chicago for my firm and was returning on the Broadway Limited. 'By chance I struck up an acquaintance with a man who had the chair next to mine in the Pullman. From the very first words the stranger's brilliant powers of conversation arrested me. His keen knowledge of persons and things, his flashing wit and charming personality, thrilled me to the core. Never before or since has it been my good fortune to meet such an interesting companion and forceful talker. When we exchanged names I found that I had been talking to Dr. Frederick Houck Law, the famous educator and lecturer."

"A few weeks later I was delighted to read an announcement that Dr. Law had just completed a course of eight lessons explaining the whole secret of business talking and public speaking, entitled 'Mastery of Speech.'"

"Well, after what I had seen of Dr. Law I needed no persuasion to send for the books immediately. And it was what I learned from those little lessons

by Mr. Law that has opened the way to my success ever since. For in almost one evening he gave me the whole secret of becoming a convincing talker."

"I was surprised to find how easy it became to attract attention to what I was saying—how to be forceful and convincing—and when to be witty or serious. I saw, too, why I had always been nervous about expressing myself in the presence of others and was shown how to develop self-confidence."

"I learned, how to win people around to my way of thinking without antagonizing them."

I found too that I had developed the knack of public speaking—how to address large audiences; how to find material for addresses, how to speak to friends and strangers.

From that Day My Whole Career Changed

"From the very first I was amazed at my new discovered power to talk on my feet under any and all circumstances. I found a new fascination in watching the effect of my speech on different people. I actually discovered that I could mould men's minds with words. Many who had been

quite lukewarm to me in business and out of it showed an actual desire to please. I got things done instantly where formerly what I said had made no impression. With my new command of language and the art of handling others, I put through big deals that I would never have dreamed of before."

"If there is anyone who wants to acquire this power of words, my advice to him is, get this amazing set of lessons, 'Mastery of Speech.'"

On the strength of Jones' advice I too sent for Dr. Law's course. I have never seen anything like it before. Before I was half way through the eight simple lessons I had acquired an undreamed ability to express myself. My earnings have now nearly doubled and I find that every obstacle in my path in business just seems to melt away before the magic-like power of my words. I find it's the easiest thing possible to get people to do what you want them to do when you've acquired the knack of talking convincingly. What's more, I am absolutely convinced that anyone of average intelligence can easily acquire that knack with Dr. Law's help.

Free on Approval

The best part of the whole thing is that you can examine Dr. Law's entire course free of all charges for 5 days. You needn't send any money—not a cent. Merely mail the coupon, or write a letter, and the complete course, 'Mastery of Speech,' will be sent you by return mail, all charges prepaid. If you are not entirely satisfied with it, send it back any time within five days after you receive it and you will owe nothing.

But if it pleases you, as it has pleased thousands of others, then send only three dollars, the Special Nation Wide Drive Price, in full payment. You take no risk. You have everything to gain and nothing to lose. So mail the coupon now before this remarkable offer is withdrawn. INDEPENDENT CORPORATION, Dept. L-241, 319 Sixth Avenue, New York.

FREE EXAMINATION COUPON

Independent Corporation

Dept. L-241, 319 Sixth Avenue, New York

Please send me Dr. Frederick Houck Law's 'Mastery of Speech,' a course in Business Talking and Public Speaking in eight lessons. I will either remit the Course to you within five days after its receipt, or send you \$3 (the special price) in full payment of the course.

Name.....

Address.....

P. C. 1-22

400,000

people have paid \$5 or \$7 for one of our Self-Improvement Courses—and remember no one was asked to pay until he had five days to examine the course in his own home.

Until the Independent Corporation published the "Roth Memory Course," "Paragon Short-hand," "Mastery of Speech," "Drawing, Art and Cartooning," "Reading Character at Sight," "How to Write Stories," "Super-Salesmanship," and other personal development courses, where could anyone buy similar courses for less than \$15 to \$75?

Because we want to add two hundred thousand more names to our list of satisfied customers at an early date, we are making

SPECIAL PRICE, \$3
(Regular Price \$5)
Others sell from \$15 to \$75

Act quickly as this special opportunity may be open for only a short time. Many purchasers have written letters similar to Robert P. Downs, of Detroit, Mich., who recently wrote:

"I can't see how you ask so little, while others with far inferior courses get from \$20 to \$80 for theirs."

New Stomachs for Old In 48 Hours

By R. S. Thompson

THOUSANDS of people who suffered for years with all sorts of stomach trouble are walking around to-day with entirely re-made stomachs—stomachs which have been re-made in from 48 to 72 hours! They enjoy their meals and never have a thought of indigestion, constipation, or any of the serious illnesses with which they formerly suffered and which are directly traceable to the stomach.

And these surprising results have been produced not by drugs or medicines of any kind, not by foregoing substantial foods, not by eating specially prepared or patented foods of any kind, but by eating the plainest, simplest foods *correctly combined*!

These facts were forcibly brought to my mind by Eugene Christian, the eminent Food Scientist, who is said to have successfully treated over 23,000 people with foods alone.

"Man Is What He Eats"

As Christian says, "what we take into our stomachs today, we are tomorrow." Food is the source of all power; yet not one person in a hundred knows the chemistry of foods as related to the chemistry of the body. The result is we are a nation of "stomach sufferers."

Christian has proved that to eat good, simple, nourishing food is not necessarily to eat correctly. In the first place, many of the foods which we have come to regard as good are in reality about the worst things we can eat, while others that we regard as harmful have the most food value.

But perhaps the greatest harm which comes from eating blindly is the fact that very often two perfectly good foods when eaten at the same meal form a chemical reaction in the stomach and literally explode, liberating dangerous poisons which are absorbed by the blood and circulate throughout the system, forming the root of all or nearly all sickness, the first indications of which are acidity, fermentation, gas, constipation, and many other sympathetic ills leading to most serious consequences.

And yet just as wrong food selections and combinations will destroy our health and efficiency, so will the right foods quickly create and maintain bodily vigor and mental energy. In my talk with Eugene Christian, he told me of some of his experiences in the treatment of disease through food—just a few instances out of the more than 23,000 cases he has on record.

Correct Eating for Success

One case which interested me greatly was that of a young business man whose efficiency had been practically wrecked through stomach acidity, fermentation and constipation, resulting in physical sluggishness which was naturally reflected in his ability to use his mind. He was twenty pounds underweight when he first went to see Christian and was so nervous he couldn't sleep. Stomach and intestinal gases were so severe that they caused irregular heart action and often fits of great mental depression. As Christian describes it, he was not 50 per cent efficient either mentally or physically. Yet in 24 hours, by following

Christian's suggestions as to food, his constipation was relieved, although he had formerly been in the habit of taking large daily doses of a strong cathartic. In five weeks every abnormal symptom had disappeared—his weight having increased 6 lbs. In addition to this, he acquired a store of physical and mental energy so great in comparison with his former self as to almost belie the fact that it was the same man.

Another instance of what proper food combinations can do almost overnight was that of a man one hundred pounds overweight whose only other discomfort was rheumatism. This man's greatest pleasure in life was eating. Though convinced of the necessity, he hesitated for months to go under treatment, believing he would be deprived of the pleasures of the table. He finally, however, decided to try it out. Not only did he begin losing weight within a few days, regaining his normal figure in a matter of weeks, but all signs of rheumatism disappeared, and he found the new diet far more delicious to the taste, and affording a much keener quality of enjoyment than his old method of eating, and wrote Christian a letter to that effect.

A Remade Man at 70

But perhaps the most interesting case that Christian told me was that of a multi-millionaire—a man of 70 years of age, who had been traveling with his doctor for several years in search of health. He was extremely emaciated, had chronic constipation, lumbago, and rheumatism. For over twenty years he had suffered with stomach and intestinal trouble which in reality was superaciduous secretions in the stomach. The first menus given him were designed to remove the causes of acidity, which was accomplished almost overnight. And after this was done he seemed to undergo a complete rejuvenation. His eyesight, hearing, taste and all of his mental faculties became keener and more alert. He had had no organic trouble—but he was starving to death from malnutrition and decomposition—all caused by the wrong selection and combination of foods. Almost immediately after following Christian's advice this man could see results, and after six months he was as well and strong as he had ever been in his life.

Christian's Discovery Now Available for All

These instances of the efficacy of right eating I have simply chosen at random from perhaps a dozen Eugene Christian told me of, every one of which was fully as interesting, and they applied to as many different ailments. Surely this man Christian is doing a great work.

I know of several instances where rich men and women have been so pleased with what he has done for them that they have sent him a check for \$500 or \$1,000 in addition to the amount of the bill when paying him.

There have been so many inquiries from all parts of the United States from people seeking the benefit of Eugene Christian's advice and whose cases he is unable to handle personally that he has written a

little course of lessons which tells you exactly what to eat for health, strength, and efficiency. This course is published by The Corrective Eating Society of New York.

How You Can Try This Method Without Risking a Penny

Much could be written about the cause and the remedy for stomach disorders, and Eugene Christian's methods. But that is unnecessary, for you can now test them out in the privacy of your home without risking a penny. These methods are not new and untried theories, for more than 200,000 people in all walks of life bought this course at \$3.50, and are using it and indorse it in the most enthusiastic terms.

The publishers have left on hand only a limited edition of Eugene Christian's Course, which they wish to dispose of before the New Edition comes off the press. The price at which nearly two hundred thousand of these sets have been sold is \$3.50. But these few remaining sets are being offered at only \$1.97 plus postage for as long as they last, so if you act quickly you can get these wonderful secrets at a big saving.

Send No Money

Simply put your name and address on the coupon below and mail it NOW. Give the postman only \$1.97 (plus postage) in complete payment, when the course arrives.

Look the course over carefully. Put it to the test. Judge by results. If you don't notice a great improvement within ten days after starting, send it back and your money will be refunded. You can clearly see that an offer like this could not be made unless the publishers were confident that Eugene Christian's methods will produce remarkable results for you, as they have for thousands of others who gladly paid \$3.50 for the Course.

But immediate action is necessary. There is no need for you to suffer from stomach disorders any longer—and remember, this special price can be held only as long as the few sets last.

Cut the coupon now and send it at once so as to be sure to avoid disappointment. You will surely agree that health, happiness and comfort are worth the trial. Write to-day. Corrective Eating Society, Dept. 271, 43 West 16th Street, New York City.

CORRECTIVE EATING SOCIETY

Dept. 271, 43 West 16th St.
New York City.

You may send me, prepaid, Eugene Christian's Course in Corrective Eating in 24 lessons. I will pay the postman only \$1.97 (plus postage) on arrival. If I am not satisfied with it, I have the privilege of returning it to you after a 10-day trial. It is, of course, understood that you are to refund my money if I return the course.

Name

Street

City

State

Price outside U. S. \$2.15 cash with order.

How I Found a \$10,000 Job in a Waste Basket

Truth is often stranger than fiction as evidenced by the fact that I found an opportunity in a waste basket that quickly placed me in the \$10,000 a year class.

By Philip Wilson

IF anyone had told me a couple of years ago that I would be in the position I am in today, it would have made me sore, because at that time my prospects did not amount to a row of beans. After ten years drudgery as a bookkeeper I was only earning \$35.00 a week. Further promotion was almost impossible and even if it came my way, it could only mean five or ten dollars more a week at the most.

From morning until night I worked on endless rows of figures, punched the clock on my arrival and again on quitting and had no relaxation whatever during the day. Frankly, I was sour on life and just felt that I was one of those mortals put on this earth to slave away at monotonous work until the breath of life left my body. And then, as though by a touch of magic, my entire prospects changed—thanks to a dilapidated old waste basket.

And now for the other side of the picture. At the present time I am earning about \$10,000 a year, have a comfortable home, earn enough to enjoy the luxuries that make life worth while, have a bank account that is growing each month, to say nothing of the fact that I am engaged in work that seems like play, that fascinates, thrills and enables me to live like a gentleman.

The funny part of it is that if anyone had told me two years ago that I could make good in my present profession, I would have scorned the idea as impossible.

It may seem peculiar for me to say that I found my opportunity in a waste basket, but opportunity comes to us in many strange forms and places. In my case I was eating lunch in our stock room because I could not afford to go to a restaurant, and while munching away on a sandwich, I looked around for something to read. In the corner of the room I noticed a waste basket that can best be called a "relic." Sticking out of it was a dirty looking old magazine—but it was something to read and I picked it up. Not finding anything of interest among the articles, I idly turned over the advertising pages when something stopped me. For fifteen minutes or so I studied the page before me carefully. Then I took it over to the stock room clerk.

"What do you think of this, Jim," I asked him.

Poor Jim, who is still in that stock room, only read the headline and sniffed in contempt.

Anyway the advertisement set me thinking although my negative condition at that time made me feel somewhat the way Jim did, but they say a "drowning man clutches at a straw" and probably for the same reason I ripped that advertisement out of the magazine and stuffed it in my pocket.

Several times that afternoon I pulled it out and studied it carefully. Every time I read it my pulse quickened, because if true at all, it pointed a way for me to increase my earning power many times over, to say nothing of getting away from the drudgery of bookkeeping.

"Why couldn't I do the same?" I asked myself.

Then Old Man Negative whispered in my ear that I was foolish to even think about it—that I was not cut out for it. So I put the advertisement in my desk and for the time being I forgot it.

Several weeks later I ran across it again and this time I acted. My only regret now is that I allowed several weeks to intervene between the first time I read the advertisement and when I mailed the coupon in for particulars.

The Secret of My Success

What Others Have Done

\$524 in Two Weeks
I had never earned more than \$60 a month. Last week I cleared \$306 and this week \$218. You have done wonders for me. Geo. W. Kearns, 107 W. Park Place, Oklahoma, Okla.

Earns as High as \$100 a Day
I took your course two years ago. Was earning \$15 a week clerking. Am now selling many of the largest firms in the U. S. I have earned more than \$100 a day. You secured my position. Our Sales Manager is a graduate of yours. J. L. DeBonis, 1628 S. Crawford Ave., Chicago, Ill.

\$1,562 in Thirty Days
My earnings for the past thirty days are \$1,562.00 and I won Second Prize in March, although I only worked two weeks during that month. C. W. Campbell, Greensburg, Pa.

\$1,800 in Six Weeks
When I applied for a position as a Salesman to one of the firms to whom you had recommended me, I sold my services to them in about thirty minutes, took a territory in Illinois and Wisconsin and made a success of it from the very first week.

From that time on I have been what might be termed as a "high pressure" Salesman, selling lines where nine out of ten Order Takers would fail. I have sold goods in a highly successful manner, in nine or ten States, both North and South. My earnings for March were over \$1,000 and over \$1,800 for the last six weeks, while last week my earnings were \$356.00.

The N. S. T. A. dug me out of a rut where I was earning less than \$1,000 a year and showed me how to make a success. L. P. Overstreet, Denison, Texas.

\$554.37, this week they will go over \$400.00." Then there is Chas. Berry, Winterset, Iowa, formerly a farmhand, who earned \$1000 the first month as a result of the wonderful N. S. T. A. system. On record in the Association files are hundreds of similar



Philip Wilson, who tells on this page how chance brought to him, from a dilapidated old waste basket, the secret that suddenly lifted him out of the rut to wonderful success and big earnings.

cases, and the most amazing part of it all is that these successful men had no previous selling experience before the N. S. T. A. trained them and helped them secure sales positions.

In my own case for instance, it may sound like a fairy tale but at the end of my first month I received a letter from my sales manager congratulating me on my success. I had made a record for my territory.

Previous Experience Unnecessary

Salesmanship is not a natural gift—it is an Art and Science that is open to any man of average intelligence. There are many fundamental rules and principles that anyone can learn and put into practice. There are certain ways of doing and saying things in selling and once you are master

of these selling secrets, the world is before you. The man who understands the underlying principles of salesmanship has a two fisted grip on prosperity. He can sell his services a hundred times over, for there is an enormous demand for his highly specialized knowledge.

A Great Book on Selling Sent Free

The interesting book "The Knight of the Grip" will be sent absolutely free to those sending in the attached coupon. This valuable book tells you all about the N. S. T. A. method of Salesmanship Training and Free Employment Service. In addition, you will read of the big opportunities open for you in the selling field and personal stories of men from all sections of the country and from all trades and professions who have suddenly stepped from small pay jobs to magnificent earnings as a result of the N. S. T. A. system.

Simply fill out and mail the attached coupon and "The Knight of the Grip" will be promptly mailed to you.

National Salesmen's Training Association
Dept. 28-A, Chicago, Illinois

National Salesmen's Training Association,
Dept. 28-A, Chicago, Ill., U. S. A.

Please send me, without any obligation on my part, your free book, "A Knight of the Grip," and full information about the N. S. T. A. system of Salesmanship training and Employment Service. Also a list showing lines of business with openings for salesmen.

Name.....

Street.....

City..... State.....

World's Greatest Books ONLY 10c EACH On Sale Till March 30

Here is the bargain of bargains! Grab it! Until March 30 we offer any of the following books at the unheard-of price of 10c each. Many of these books would cost from \$1 to \$3 if purchased in the ordinary way in expensive bindings. This is strictly a limited offer—on March 30 the price goes back to 25c each—the regularly advertised price. If the postmark on your envelope shows that your order was mailed after midnight of March 30, we shall be obliged to return your money. Order as few or as many books as you like—they are the best in the English

language—and the entire library costs so little that you can well afford to order every book. Over three million of these books have been sold—tremendous production makes possible the extremely low price. Order by number—each book is preceded by a number—for instance, if you want *Carmen*, merely write down "21"—that makes it easy for you and insures more prompt delivery, as we handle all book orders by number. Send orders up to midnight of March 30.

Order by Number

- 1 Rubaiyat of Omar Khayyam.
- 2 Oscar Wilde's Ballad of Reading Jail.
- 3 Eighteen Little Essays. Voltaire.
- 6 De Maupassant's Stories.
- 7 A Liberal Education. Thomas Huxley.
- 8 Lady Windermere's Fan. Oscar Wilde.
- 10 Shelley. Francis Thompson.
- 11 Debate on Religion between John Haynes Holmes and George Browne.
- 12 Poe's Tales.
- 13 Is Free Will a Fact or Fallacy? Debate.
- 14 What Every Girl Should Know. Mrs. Sanger.
- 15 Balzac's Stories.
- 17 On Walking. Thoreau.
- 18 Idle Thoughts of an Idle Fellow. Jerome.
- 19 Nietzsche: Who He Was and What He Stood For.
- 20 Let's Laugh. Nasby.
- 21 *Carmen*. Merimee.
- 24 The Kiss and Other Stories. A. Chekhov.
- 25 Rhyming Dictionary.
- 26 On Going to Church. Bernard Shaw.
- 27 Last Days of a Condemned Man. Hugo.
- 28 Toleration. Voltaire.
- 29 Dreams. Schreiner.
- 30 What Life Means to Me. Jack London.
- 31 Pelleas and Melisande. Maeterlinck.
- 32 Poe's Poems.
- 33 Brann: Smasher of Shams.
- 34 Case for Birth Control.
- 35 Maxims of La Rochefoucauld.
- 36 Soul of Man Under Socialism. Oscar Wilde.
- 37 Dream of John Ball. William Morris.
- 38 Dr. Jekyll and Mr. Hyde. Stevenson.
- 39 Did Jesus Ever Live? Debate.
- 40 House and the Brain. Bulwer Lytton.
- 41 Christmas Carol. Dickens.
- 42 From Monkey to Man.
- 43 Marriage and Divorce. Debate by Horace Greeley and Robt. Owen.
- 44 Aesop's Fables.
- 45 Tolstoi's Stories.
- 46 Salome. Oscar Wilde.
- 47 He Renounced the Faith. Jack London.
- 48 Bacon's Essays.
- 49 Three Lectures on Evolution. Haeckel.
- 50 Common Sense. Thos. Paine.
- 51 Bruno: His Life and Martyrdom.
- 52 Voltaire. Victor Hugo.

Take Your Pick at Only 10c a Book

- 53 Insects and Men; Instinct and Reason. Darrow.
- 54 Importance of Being Earnest. Oscar Wilde.
- 56 Wisdom of Ingersoll.
- 57 Rip Van Winkle.
- 58 Boccaccio's Stories.
- 59 Epigrams of Wit.
- 60 Emerson's Essay on Love.
- 61 Tolstoi's Essays.
- 62 Schopenhauer's Essays.
- 65 Meditations of Marcus Aurelius.
- 68 Shakespeare's Sonnets.
- 70 Lamb's Essays.
- 71 Poems of Evolution. Anthology.
- 72 Color of Life. E. Haldeman-Julius.
- 73 Whitman's Poems.
- 74 On Threshold of Sex.
- 75 The Choice of Books. Carlyle.
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- 80 Pillars of Society. Ibsen.
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- 84 Love Letters of a Portuguese Nun.
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- 86 On Reading. George Brandes.
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- 89 Love Letters of Men and Women of Genius.
- 91 Manhood: The Facts of Life Presented to Men.
- 92 Hypnotism Made Plain.
- 93 How to Live 100 Years. Cornaro.
- 94 Trial and Death of Socrates.
- 95 Confessions of an Opium Eater. De Quincey.
- 96 Dialogues of Plato.
- 98 How to Love.
- 99 Tartuffe. Moliere.
- 100 The Red Laugh. Andreyev.
- 101 Thoughts of Pascal.
- 102 Tales of Sherlock Holmes.
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- 104 Battle of Waterloo. Hugo.
- 105 Seven That Were Hanged. Andreyev.
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- 108 How to Develop a Healthy Mind.
- 109 How to Develop a Strong Will.
- 110 How to Develop a Magic Personality.
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- 114 Proverbs of France.
- 115 Proverbs of Japan.
- 116 Proverbs of China.
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- 118 Proverbs of Russia.
- 119 Proverbs of Ireland.
- 120 Proverbs of Spain.
- 121 Proverbs of Arabia.
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- 159 Lincoln and the Working Class.

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- 202 Survival of the Fittest. H. M. Tichenor.
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- 205 Artemus Ward, His Book.

Order by Number

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Entire Library---239 Volumes Worth \$59.75---Only \$16.90 until March 30

These books are recognized masterpieces. Many of them, purchased in the ordinary way in expensive bindings, would cost \$1 to \$3 each. Think of getting an entire library for the usual price of a dozen books! But your order must be mailed not later than March 30. 239 volumes for \$16.90.

Sale Ends March 30

SEND YOUR ORDER TODAY

Sale Ends March 30

While we have plenty of books to fill orders, we advise prompt action. All books guaranteed—if you don't like them, send them back and we'll return your money. All books are clearly printed on good book paper, 64 to 160 pages each. Pocket size. Bound in heavy card cover paper. Remember

this is a limited offer—closes March 30—send your order and draft, money order or registered letter today—if you order 20 books send \$2—if 50 send \$5, and so on. Postage prepaid on cash orders. Carriage charges collect on C. O. D. orders. Add 10c to personal checks for exchange.

E. H. Julius, Pres., Appeal Publishing Company, 1031 Appeal Bldg., Girard, Kansas

A Head Full of Brains— A Throat Full of Gurgles



Sales Victories Come With a Better Voice



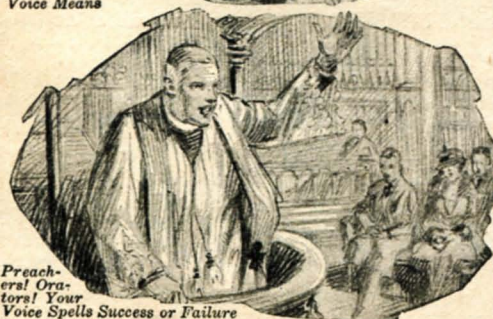
Social Prestige—Popularity to One Who Sings



Certainly You Lawyers Must Have the Best Possible Voices



Teachers! Realize How Much Your Voice Means



Preachers! Orators! Your Voice Spells Success or Failure

IS THAT the way you go after a job? You may have a fine set of brains but you must have a voice to prove it.

If you are not as successful as you might have been, start out right by confessing to yourself that something is wrong. There is something which prevents you from appealing to those who have an influence on your income.

Perhaps Your Voice is to Blame!

Have you ever considered that the trouble may lie with your voice? Your contact with the world depends upon your five senses—sight, smell, taste, touch and hearing. Certainly you try to dress well and to be pleasing in the sight of others. Probably you have developed a fine firm handshake. When you entertain friends at dinner you serve food that will please their taste.

But—do you do one single thing to make your voice pleasing to others? Remember that your voice is the one thing which puts you in audible touch with the world. Your voice is to you what the telephone is to your community. Your voice can make your future or it can spoil it. You get but one chance at any big job. Are you sure that your voice won't kill that chance?

Do You Know Your Own Voice?

Do you know what your voice sounds like, anyway? Do you know what effect it has upon others? If it has an ill effect you will never know it, because probably there is no one in the world who will tell you about it. People hesitate to injure another's feelings. That is the reason why thousands, even millions of men and women, have gone through the world unsuccessful, or only fairly successful, who had the brains and ability to make tremendously big successes. All of these people probably dressed well when they went after their job. Their clothes were neat and clean just like you attempt to keep yours. Their shoes were shined and their faces were smiling but they came away without the job because they couldn't talk.

The Thrush and The Crow

Instinctively you say, "The wonderful thrush" and "The obnoxious crow". The difference is wholly "voice". You linger about and are inspired by sweet music. You get away from discord. The world is alike in the things which appeal to its senses. You may,

indeed, have a head full of brains but if you have a throat full of gurgles nobody wants you around.

It makes no difference what your occupation may be. Whether you are a man or woman you cannot obtain the greatest success in any line of work if your voice is against you.

You can look in the mirror and see yourself as others see you.

If you desire, you can hear yourself as others hear you and you can be sure that the impression made by your voice is pleasing.

A Better Voice for You!

Executives, salesmen, professional men, secretaries, stenographers, department heads, everybody in the world who talks may have a better voice than he has now, and with a better voice he may be more successful. Ninety-nine out of every one hundred people have an undeveloped voice.

You are impressed by a voice—attracted to it. If it is vibrant, resonant, positive, convincing, clear-cut and deliberate, you recognize it as the voice of the able man or woman.

If it is flat, drawly, choky, negative, hesitating, guttural, slovenly, strident, choppy, spasmodic, cluttered, incoherent, stuffy, raucous, nasal or disagreeable in any way, you want to get away from both the voice and its owner.

All the world is like that.

Will you try to improve your voice—will you determine that you are going to give your voice every opportunity to help you be more successful, to enable you to make more money? It can be done easily. You can do it—easily.

A Few Minutes a Day—At Home!

Fifteen minutes a day for a few weeks will make such a wonderful change in your voice that you will scarcely believe it possible. It will give you greater assertiveness—a more pleasing personality and a positive manner which will make your arguments so much more convincing that it can scarcely do otherwise than to increase your efficiency and your income.

Write today for the book "Voice Culture" and it will be sent free, prepaid. No matter who you are, no matter what your position, write for this book for it will show you how your voice can lead you to greater success. Write today.

PERFECT VOICE INSTITUTE

1922 Sunnyside Ave., Studio 5721, Chicago, Ill.

Send me the illustrated, FREE book and facts about the Feuchtinger Method. I have put X opposite subject that interests me most. I assume no obligations whatever.

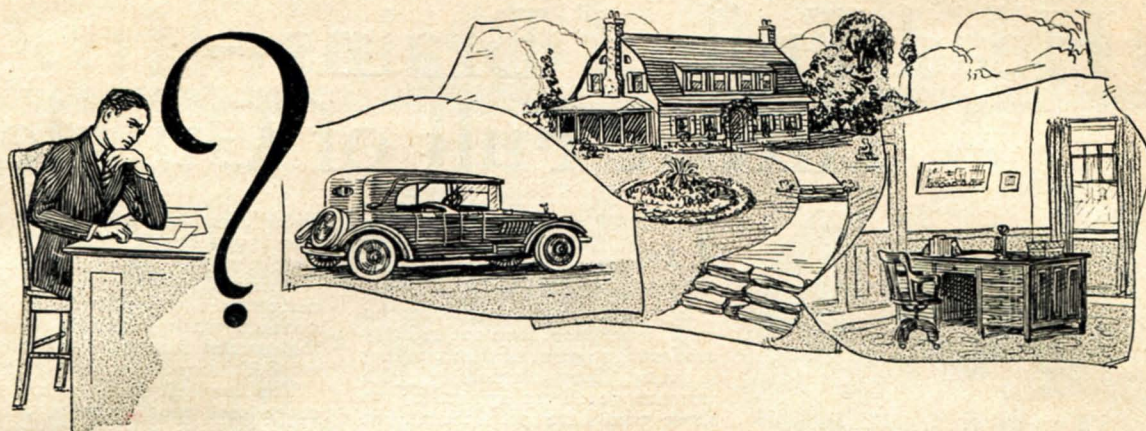
☐ Singing ☐ Speaking ☐ Stammering ☐ Weak
☐ Better Selling

Name.....

Address.....

Age.....

Perfect Voice Institute
1922 Sunnyside Avenue, Studio 5721, Chicago, Ill.



What Stands Between YOU and— that automobile YOU would like to drive? that house in the country YOU would like to own? that better job YOU covet?

Probably, it isn't what you think it is at all. It isn't luck. It isn't lack of genius. It isn't lack of will-power. It isn't want of ambition. It isn't that opportunity has passed you by.

I'll tell you what it is.

IT IS YOU—YOURSELF!

Sounds funny, doesn't it?

It might be funny if it wasn't tragic. But it is tragic or will be if you don't set about to conquer it.

The difference between you and the men who have risen to the greatest heights of success is not a lack of ambition, a deficiency of will-power; or the failure of opportunity to knock at your door. It lies in an intangible something which for the want of a better word we will call your subconscious self. Beneath the self of which you are conscious there is hidden an unsuspected self, a thing of sleeping strength and infinite possibilities. That is your subconscious self. Once aroused it knows no limits and recognizes no obstacles. Its powers of achievement are miraculous.

WHY NOT WAKE UP THIS SLEEPING GIANT?

You can.

And PELMANISM is the club that will do it.

PELMANISM is the force that will enable you to take control of your subconscious self and make it obey your will. It is the ability to control the subconscious mind that has led men on since time began and created the geniuses that have made history.

PELMANISM is the guiding hand that can, and will if you let it, take you out of the ranks of the failures or "also rans," and place you in the class of men who are accomplishing things.

This statement is not theoretical, for PELMANISM is not a new science. It is a time-tried and tested principle which has a record of 650,000 successes in all parts of the world. For 25 years it has been fighting and conquering inefficiency and failure in many lands and languages and among people of every walk in life—lords and ladies, clerks and cooks, laborers, clergymen, farmers, doctors, actors, soldiers, sailors, and heads of great business houses.

PELMANISM holds the secret of self-development. There is nothing of the occult about it, yet it is able to take the latent forces within you and bring them to life—and make of them factors that will lead you where your ambition tells you you should go. PELMANISM IS ACHIEVEMENT.

We would like to tell you all about PELMANISM right now, here, in this advertisement. But that is impossible. The subject is too big. Our space is too limited.

What we have aimed to do and hope we have accomplished, is to arouse your curiosity and interest to the point where you would like to know more about PELMANISM and what it can do to help you—

Pelman Institute of America

Suite 51, 2575 Broadway, New York City, N. Y.

PELMAN INSTITUTE OF AMERICA

Suite 51, 2575 Broadway, New York City, N. Y.

Please send me without obligation on my part, your free booklet, "Mind and Memory."

Name.....

Address.....

City..... State.....
Phys. Cult. 1-22

- Get that automobile you want to drive.
- Buy that house in the country you would like to own.
- Acquire that better job you covet.

For we have prepared a book called "Mind and Memory" which is a complete history of PELMANISM.

This book is free to you if you will send for it. Remember this book has started 650,000 people all over the world on the path to Success. You are no different than these 650,000 other people.

It's worth your time and the two-cent stamp required, to start "Mind and Memory" on its journey to your hands—a journey that may be fraught with greater possibilities than your fondest dreams can conjure up.

Do it now.

PHYSICAL CULTURE

BERNARR MACFADDEN'S VIEWPOINT

How Deep Is Beauty?

HOW often the statement has been made that beauty is only skin deep, that it is shallow, superficial, and meant only for outside "show."

But this is false. Real beauty is as deep as the body itself. It is a part of every organ throughout the body. For beauty, after all, means symmetry—the harmonious blending of all parts into a symphony of contour and grace.

Beauty is not merely of the face and body, the eyes, the skin, the lips, the features.

Beauty is something more. To be really beautiful, you must be throbbing with the forces of life. An unattractive face is sometimes transformed by a smile that will make it fascinating with irresistible allurements.

Beauty presupposes youth, vivacity, aliveness, buoyancy. Beauty of the cold, immovable type is often unattractive and even repelling. It is not unlike the beauty associated with a stone statue.

We have all seen girls of this type, with seemingly frozen features. With all their harmony in facial outline and symmetry of body, there is no fascination about them. Their smile is icy, frigid and sometimes even repugnant.

Beauties of this kind are often left, in icy isolation, while their more commonplace but more magnetic sisters win the real prizes of life.

Therefore, the most vital element of beauty might be termed "aliveness." The girl who is throbbing with the vital forces of life, who is buoyant with the spirit of youth, who is animated and vivacious, is richly endowed with the fascinating powers inherent in splendid femininity.

Whether or not you possess beauty of face and form, your first duty therefore, is to acquire that degree of health that fills you to the "very brim" with the vital, palpitating forces associated with superb health.

Aliveness!!! The word has a world of significance to the woman who desires real, lasting beauty.

Life's Greatest Tragedy!

LIFE holds many tragedies. We all come in contact with them. They often scourge the soul to the very limit.

A wife loses her husband for whom she has deep, abiding affection. A child, whom she loves with all the power of a mother's soul, is taken away.

Suffering so intense is hard to bear. It often leaves its mark upon one's personality throughout life.

But even such heart-rending experiences are less severe than the loss that comes to a woman when the attractiveness, the allurements of youthful femininity goes out of her life.

The loss of youth—the fascination of splendid femininity—the loss of the sex lure—the loss of woman's alluring power over the masculine mind—it is felt every hour, every day. It makes you suffer year after year, as long as life lasts. It is a tragedy that sears the soul to the very end of life.

And yet women everywhere are selling their birth-

right: selling the alluring forces of femininity to the god of form and fashion.

There is no greater wealth than **HEALTH**.

Let us say, here is a young girl fresh from school.

She has had the advantages of the average amount of physical activity, probably about one quarter of what she really should have had.

She ultimately finds herself thrust into a sphere where she must act the part of a woman.

She must wear the clothes, assume the manners ordinarily associated with ladylike maturity.

Active games are no longer a part of her life. Her muscular system has never secured sufficient of the exercise which is necessary to properly develop it. Consequently what little physical power she has, begins to wane as she follows the vitally destructive routine of the average woman. Health and strength are sacrificed to the dictates of conventional ruling.

The Average Girl Marries

BUT let us say this girl we are discussing is sufficiently attractive to find a satisfactory mate.

She marries—a step in the dark. Marriage to her is all romance. She is usually most thoroughly imbued with the delights associated therewith. She knows little or nothing of its responsibilities. It is not unlike the blind leading the blind.

She finally comes in contact with the unhappiness often associated with married life. Let us say one or two children come into the home. Two is the usual number in up-to-date American families.

At twenty-five or thirty she begins to age. The efforts that are made to avoid motherhood often have a great deal to do with this premature aging process. At the time of life when she should be in her prime, at her very best, she is the victim of ill health, with a gradual weakening of her physical forces. The muscles and other tissues of the body become soft, flabby and often diseased. She is no longer a woman in every sense of the word.

She has lost a large part of even the mediocre degree of femininity which she previously possessed. Consequently she often becomes sour, morose, dissatisfied and quarrelsome.

Usually at this time there is little love between husband and wife. It is, mostly, pretense. She often loses her husband. Another woman, possessing the allurements she has lost, wins his love.

And though she bitterly condemns him, if the truth were known, she herself is largely to blame.

This is the time for a woman to look back and take stock of herself as she was when she won her husband. To what extent has she changed? Has she the same "aliveness," the same vivacity, or has she allowed the spirit of youth to slip away? Usually she will find that her feminine attractions have almost entirely disappeared, and through her own fault, in most instances. She has lost her physical personality.

Perhaps the fault is not entirely hers. We should doubtless blame the false, health-destroying environment within which nearly every girl grows to maturity.

A woman is possessed of a muscular organism. A goodly part of her weight consists of muscular tissue.

This tissue will be strong vitally, if it is properly used and nourished.

The Average Woman Has a Defective Body

THE average woman, first of all, fails to develop her body, and to a similar extent fails to develop fully the instincts of femininity which are such an important part of her personality.

And then, after having grown to maturity, even her defective muscular system does not secure the activity which is essential to maintain its mediocre vitality.

Everywhere we see the wrecks of womanhood. On the streets of a large city, or even in small towns, these feminine tragedies stare us in the face. Poor, miserable human wrecks. They are to be pitied.

And yet they do not know any better. They are doubtless doing the best they can under the circumstances in which they have grown to maturity. They have never learned to really live. But few of them have felt the fire and fervor of splendid femininity. But few of them have been animated by the vivacity and aliveness that usually is enjoyed by a girl in the heyday of her youth.

If the average woman were to be told that this buoyancy of spirit, this life and health, that a vigorous girl enjoys at this time of life, could be continued on and on, year after year, until twenty-five, thirty, forty and sometimes even beyond fifty, she would laugh at you derisively.

Every Woman Can Retain Youthful Spirits

BUT when I say that every woman has this opportunity—that every woman can keep her youthful spirits as stated, I am simply making the statement of a fact that is absolute, unequivocal.

I do not need to go far to prove, beyond all possible doubt, the truth of this assertion.

For this proof I will turn to the stage—to the women who have made reputations in this strenuous, nerve-racking profession.

There is no occupation that compels you to break the laws of life and health more seriously than the stage. The hours are irregular and you have to sleep whenever you can. You are often compelled to eat unwholesome food. It is frequently not what you should, but what you can get, that must nourish you. Yet we have any number of examples of women who have led a life of this character and who have still retained their youth and the vivacity and spirits associated therewith, to an age when the average woman is a dried-up wreck of humanity.

It is hardly necessary to compute a list. There are Bernhardt, Lillian Russell, Julia Marlowe, Mary Garden and scores of others whose names could be mentioned, to demonstrate in the most startling manner, the fact that youth *can be* retained.

Life's greatest tragedy for a woman, is the loss of youth, the loss of feminine charm.

There is nothing worse.

And this loss can be avoided in practically every case, if women will learn the laws of health and rigidly adhere to them.

PHYSICAL CULTURE has pointed out again and again the rules which must be adhered to if one is fully to

develop the body and preserve its health and vigor.

Why, the very means that many women use to enhance their charms have in many instances, prematurely destroyed them. Powder and paint close the pores and make the skin of the face unhealthy, pimply and unsightly in many ways. These results may take years to develop, but where the skin is filled with dirt, in the form of powder and paint, it is impossible to maintain it in a healthy condition.

White dirt is just as unwholesome and harmful as black dirt, and this being so, powder and soot are in the same class.

Restrictive clothing of all kinds impairs the circulation, lessens the freedom of movement and makes the flesh of the body soft and flaccid with wrinkles and other defects associated with old age.

And high heels make walking difficult. They throw the weight of the body out of alignment, help to bring on female weaknesses and make exercise of all kinds more difficult.

The real lasting charms of womanhood come entirely through superabundant health. Every alluring force which is a part of beauty is combined, interwoven so closely with health that it cannot be separated from it.

Beauty Goes When Health Leaves You

WHEN you lose your health you begin slowly but surely to lose your beauty and every attraction associated with it. The more health you have, the more beauty you will possess. Not that pronounced, heavy muscles are essentially a part of superb health, but smooth and firm muscles are beautiful and symmetrical.

And be sure to remember that vitality of this sort means the retention of youth for a prolonged period. A body that is soft, grows old quickly. Where hard muscles, firm flesh are the foundation of beauty, one is able to retain these attractive forces far past the usual time.

Any beautiful woman who has the brains essential to take proper care of her physical gifts, develops her greatest charm, her most alluring, fascinating powers, between the ages of thirty and forty.

A woman is not completely developed until she is twenty-five or thirty and she should retain her charms for many years thereafter.

And think of the prize that is awaiting you.

Beauty. A strong, splendidly poised body. Personality. Magnetism. What are powers of this sort worth to the average woman?

A New Magazine for Women

THE need for health-building, youth retaining knowledge is everywhere so appalling that we have determined to publish a new magazine for the exclusive needs of women.

We will call this magazine "THE WOMAN BEAUTIFUL."

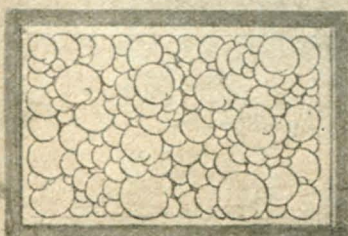
We cannot make a definite statement as to when this publication will appear. The columns of PHYSICAL CULTURE are so crowded that it is impossible to present properly a theme of such tremendous importance and we want a publication in which we can entertainingly present to women, every month, information that is of more value to them than anything else in life, because it will aid them in maintaining the youth and charm of femininity to advanced years.

Our Most Beautiful Woman
The \$1,000 Prize Winner



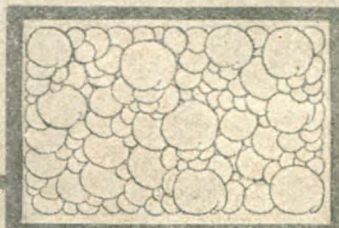
Miss Gertrude M. Eggett, of Fresno, California, wins Physical Culture's \$1000 prize contest for the Most Beautiful Woman.

OUR Most Beautiful Woman Contest was based equally upon beauty of face and perfection of body. Miss Eggett, the prize winner, is a superb example of the modern athletic girl, a veritable Diana. She has dark brown hair and eyes, with a clear, light olive complexion. She is a consistent physical culturist, wears neither corsets nor high heels, and has never used either tea or coffee. She eats only two meals a day, and very little meat. Though a business girl, she is a beautiful dancer.





MISS EGGETT is 25 years old; height, 5 feet, 7 inches (barefoot); weight, 136 pounds; head girth, $21\frac{1}{2}$ inches; neck, 12 inches; chest (normal), $32\frac{1}{2}$ inches; chest expansion, $32\frac{2}{3}$ inches; bust, 34 inches; waist, 26 inches; hip girth, $39\frac{1}{2}$ inches; upper arm, 10 inches; biceps expansion, 1 inch; forearm, $9\frac{1}{2}$ inches; wrist, $6\frac{1}{4}$ inches; palm girth, $6\frac{3}{4}$ inches; arm extension, $27\frac{2}{3}$ inches; thigh, $21\frac{1}{2}$ inches; calf, 14 inches; ankle, $8\frac{1}{3}$ inches.





The poise and beauty of classic sculpture are suggested in this exquisite pose by Miss Eggett.

The Day Off

By Dr. Frank Crane

TAKE a Day Off. Keeping everlastingly at it brings success, we are told. Maybe it does. Also it brings nervous prostration.

You may be in a hurry to finish the wood pile, but you will get through all the quicker if you stop once in a while and spit on your hands.

Some one has said that success depends upon intelligent idleness.

This is a paradox: but life is made up of paradoxes, and health is life.

Health indeed is a matter of balance, of avoiding extremes; and there are very few rules for health that can be taken unreservedly. We must mix common sense with them all.

Hence perhaps the best health rules are paradoxes. For instance, to be too serious is almost as bad as not being serious at all. Another paradox carrying the same lesson is that Time Lost is Time Gained.

These statements are not absolute truths. They contain the truth as the hickory nut contains a kernel. And the great truth is that life is rhythmic. Progress to be permanent must go in waves, and not as a continuous stream. No matter what you do, stop a while. And the more important the thing is that you have to do the more important it is that you stop.

The merchant is extremely anxious that his business enterprise shall be successful. He rises early every morning; is at his desk before his clerks; and comes home late at night. He drives things with a hard hand. This may be very well; but he will go further and do better work if once in a while he takes a day off and plays golf.

The boy who is anxious to succeed in school cannot drive away at his studies every day and give his mind no relaxation without paying the penalty which outraged nature will demand. Let him take a day off and spend it in the woods or at the seashore.

Nobody needs a day off like the mother, for nobody's cares are so constant and trying. Let her take a day off frequently and go over to Aunt Sue's where she can loaf and be petted.

The preacher needs a day off when he can forget his position and responsibilities and play ball or go fishing. The doctor, the lawyer, the mechanic, the stenographer; everybody needs a Day Off.

So important is this that the Creator wrote it into the Ten Commandments that one day in seven man should rest from his labors. This is not an artificial rule made to promote the welfare of the church. It is the recognition of a deep psychological law; that occasional repose is necessary for efficiency.

Particularly if you feel dumpy and your nerves are frazzled and you are unable to concentrate your mind, and everything you do is wrong, and your fingers are all thumbs, and you find yourself slipping into that mood of irritation and inefficiency that sometimes comes upon us. That is the time to take a Day Off.

And it is not a bad plan once in a while to spend the day in bed. Do not get up at all. Play sick. Think of nothing as nearly as you can. Read a detective story or something that is pure diversion. Play a game of cards with the children, and so give nature a chance to marshal her recuperative forces.

Even in religion, it is a good plan once in a while to go out and play. This does not mean that we are to be irreligious or wicked. But that once in a while we should relax our seriousness and dip into the humor and the freedom of child and animal life.

Muldoon of Muldoon's

By Wainwright Evans

I DON'T know what title to give this article. Titles are supposed to be short, so people will read 'em and get roped into reading some more, just to find out what it's all about.

A fairly adequate title, formulated with no special regard to length,

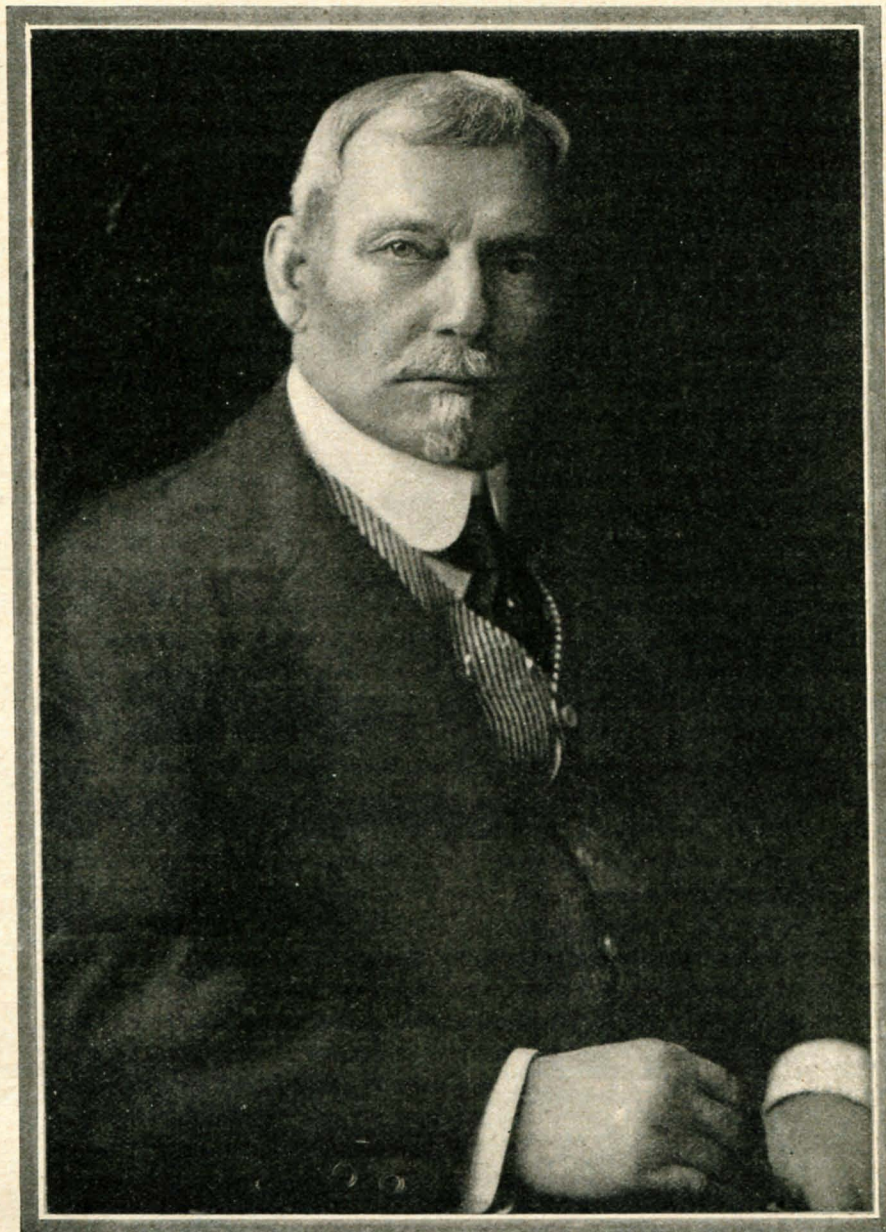
would run something like this: "How William Muldoon of 'Muldoon's' rehabilitates men who have made fools of themselves so long that they have forgotten the art of living; how he makes over their broken down bodies second by making over their minds first; how men who have lived, not wisely but too well, turn to him as bad boys to a competent school master, take the Vow of Obedience, place themselves unreservedly in his hands, and get cured of the many inhibitions of will that have driven them to folly and have kept them in it, the folly of all work and no play in this case, the folly of all play and no work in that, the folly of disorganized living, of over eating, of fear, of nerves; any folly, in short, in which a man is not so far gone as to be hopeless; how Muldoon, like a wise and affectionate father who likes bad boys because he understands them, takes a man, no matter how big and important he may be, by the scruff of the neck, and walks him in the way he should go till

the man finds, to his own surprise and gratification that he can go it alone without that enforced guidance."

There's a lot more to it than that; but I pause for breath in order to have something left for what rhetoricians call the Body of the Article. It is worth telling.

Mr. Muldoon has been repairing men for the last thirty years. During that time he has made over about 18,000 of them, generally with conspicuous success. The real name of his place is Muldoon's Hygienic Institute; but to Mr. Muldoon's considerable annoyance, nobody ever calls it that. I don't know why, unless it would be a good deal like calling Delmonico's by the tautologous title of Delmonico's Restaurant. When you've said "Muldoon's" you've said it.

The trouble is that some speak of it as Muldoon's Sanitarium, and some as Muldoon's Place, and some as Muldoon's Institution—as if it were a Keeley Cure or a home for derelicts,—which it isn't. Most persons who were old enough, or not too old, to read the newspapers thirteen years ago will recall the very big splash made by



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William Muldoon is a natural born teacher, and is a "builder of men" in the psychological as well as in the physical sense. His personality and vigorous mentality are strikingly evident even in the briefest contact with him. We have often felt that if Muldoon had gone into politics he would have landed in the Senate, if into finance, he would have been a bank president, for his mentality and forceful make-up would have made him a leader in any field. You will glimpse from this article by Mr. Evans how successful Mr. Muldoon has been in teaching his fellowmen the principles of right living.

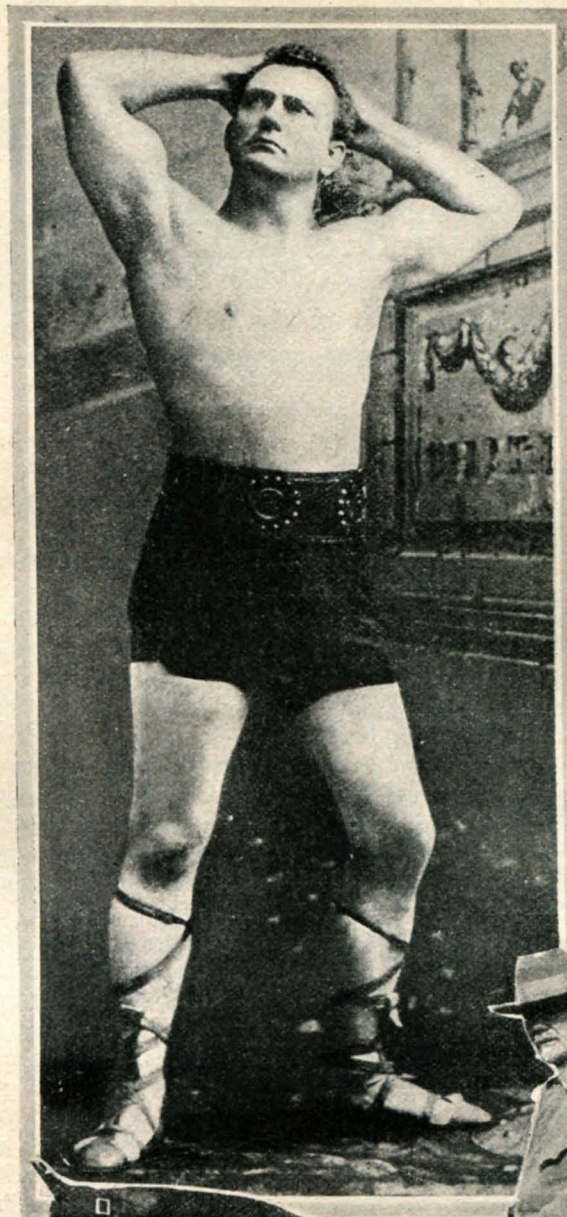
the name of Muldoon when Elihu Root, after working too hard as Roosevelt's Secretary of State, sought out Mr. Muldoon as probably the one person who could make him be good.

When Mr. Root finally went back to Washington, the cartoonists united in depicting him carrying, as if it were a feather, a grip the size of a steamer trunk; and with his bulging muscles stretching his coat to the point where it was obvious that his first business in Washington would be with the tailor. It was a natural mistake for the cartoonists to make, perhaps; but as a matter of fact it doesn't in the least convey the kind of thing that happened to Mr. Root, or that happens to the other more or less important persons who go to Mr. Muldoon for help. I don't suppose Mr. Root's biceps were much bigger at the end of his six weeks at Muldoon's; but his bodily machine was unquestionably running like a motor from which the carbon deposits have just been cleaned; and his rehabilitated psychology was in keeping with it. He had gotten in six weeks something which a tired man does not ordinarily get from a mere six weeks of rest. He had gotten a large dose of Muldoon.

What explains Muldoon's is the personality of Muldoon. Mr. Muldoon is not a strong-arm artist; he is simply a quiet voiced, quiet mannered, tall, military appearing gentleman with a deep and sagacious understanding of human nature, and some very pronounced views about what a man ought to be like, and about what he can be like if somebody will only put him to the jump. He takes mature men, demonstrates to them that they are not mature at all, and by requiring them to do the right thing at the right time for awhile, converts each and every mother's son of them into an everlasting example for themselves to follow.

Mr. Muldoon has something of the Pershing type of militant military personality. I don't mean that you would take him and General Pershing for twins, but you might take them for brothers. Both have that straight featured, fighting type of face, and the lean, active carriage that conveys first of all a message of reserve power. You would surmise that Mr. Muldoon had been in the United States Army, as indeed he was. And before that he was a professional athlete, and famous, particularly, as a wrestler.

To-day, you find him sitting at his desk, clad in a



gray coat buttoned to the chin, military fashion, gray riding trousers, and leather leggings. He sits with a straight back, as if he were riding a horse. His movements are quick and certain; his eye blue, steady, and keen. His white hair and a certain leanness in the face are the only evidences you have that the man before you is not in unusually perfect condition for a man of fifty. His real age is seventy-six.

Your first impression, particularly when you have talked with him for a time, is that he has introduced into his own life a degree of order, balance, and self control which makes him an example to the men who come to him to learn that art of living which he has personally carried to a high degree of perfection. Perhaps his stock in trade might be called the fact that what he so insistently requires of others, he can and does do himself.

The above photograph pictures Mr. Muldoon as he looked in 1887. In his youth he was a famous athlete and a champion wrestler. The lower picture presents Mr. Muldoon as he is today. At seventy-six his condition is just as nearly ideal and perfect for his age as at any time in his life, for he has mastered the art that he is teaching, the greatest of all arts, the art of living.





© World Wide Photo Service, N. Y.

The Teacher and his class. Horseback riding is one of the exercises particularly favored by Mr. Muldoon for physical conditioning.

You gain admittance to Muldoon's on one understanding—that while you are there you will render prompt, strict, and willing obedience. That's all. Obedience is the corner-stone of the system.

"No man can control himself till he can submit to control," said Mr. Muldoon in explanation when I questioned him. "Obedience is the first thing a man has to learn in this life if he is ever to be anything worth while; and by learning first to obey somebody else a man may learn eventually to obey himself. Everything here is built on that principle.

"That, incidentally, is the source of most of the grotesque stories which have been told about my supposed eccentricities. One of the men who used to come here was a very brilliant man, now dead, whose name is known to every one who knows anything about the theaters. He used to take an impish delight in inventing stories about the iron-handed way in which I was supposed to discipline my clients. I remember one yarn was that I took a patient for a long ride, and when many miles out in the country, caused him to dismount on some pretext, and then galloped off, leading his horse, so that he was forced to walk home.

"The thing was absurd, but it had wide circulation, and was, and is, I suppose, generally believed. When I taxed the amiable rascal with it, he laughed and said, 'Yes, but isn't it a dandy? Now *don't* go and deny it. It's too good to spoil.'

"Of course there were others who indulged in the same pastime. The corn-beef-and-cabbage story—relating how I gave a patient the choice between eating a plate of

corn beef and cabbage which was not dainty enough for his palate, and leaving the place within ten minutes, is another example of the same thing. Its merit is that it is entertaining; but the truth isn't in it.

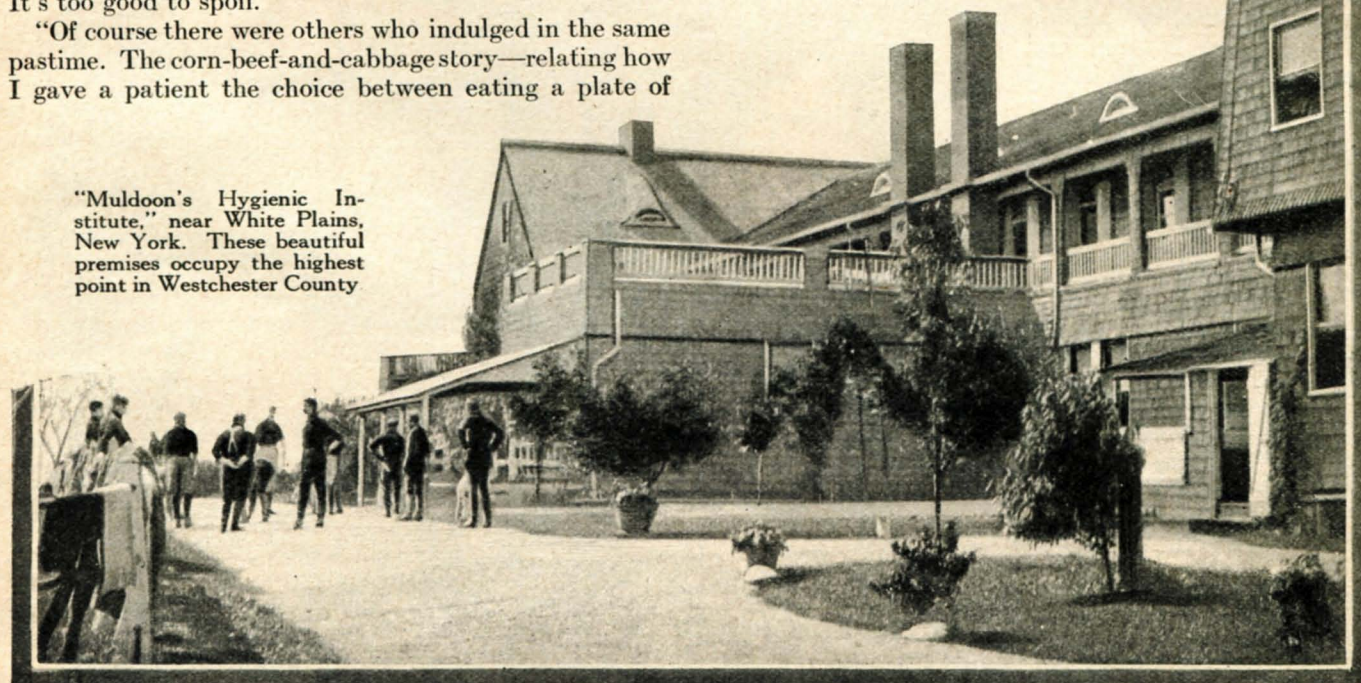
"Nevertheless, I do require obedience. I make that clear to every man who comes here. He knows beforehand just what to expect. I tell him that I am taking him here as one of my family, and that obedience is part of the discipline of the place, and that it will be good for him. Keeping your temper is another cardinal rule. If I speak sharply to a man, I expect him to keep his temper. That's the only way to learn how to do it. It is the same with Fear, a weakness that obsesses many. Let me have my way with a man who is subject to fear, and I will teach him courage. I will teach it to him by making him exercise it. If somebody were to come into this room and tell me that danger awaited me if I should go out of this house by a certain door, I would at once go out through that door. I should expect the same conduct of any man in my care.

"A man can overcome fear only by exercising courage and facing danger whenever it crosses his path."

"What treatment do you prescribe for persons who come here?"

"It all depends on the individual, and
(Continued on page 123)

"Muldoon's Hygienic Institute," near White Plains, New York. These beautiful premises occupy the highest point in Westchester County



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Vitamines

A New Superstition

By Alfred W. McCann



ALFRED W. McCANN

NOW that the scientists themselves have told us that there is practically no positive information about any vitamins from a chemical standpoint, and that what the patent medicine mongers have been selling as vitamins have never been captured alive, and that all efforts to capture them result in such a mixture of destruction and death that if there ever were any vitamins there would be no means of knowing so through any evidence afforded by the mess, we might have been prepared for the stumped and baffled admission of Dr. Casimir Funk. Although the discoverer, if not the inventor of things that have neither been invented nor discovered he has said: "We are handicapped by imperfect knowledge. Views are often expressed as to the exaggerated importance assigned to the vitamin. There is no doubt that vitamins do not mean everything in nutrition."

Despite the confusing and disillusioning confessions of the vitamin specialists, the vitamin advertisers go right on announcing that "science shows just why it is now such a simple, easy matter to have a fresh, clear complexion, firm flesh, healthy energy, lustrous hair, bright eyes, red lips, firm under-skin, no flabbiness, no hollows, well-rounded neck and a graceful and well-rounded figure."

They inform us that their tablets contain "all three vitamins in concentrated form and that they usually produce most surprisingly quick results."

The inference is that in your special case these surprisingly quick results may not materialize, but that in practically all other cases the record of achievement is so high that you ought to take the chance of being somebody else than the one person in a million who might not be transformed by the *tremendous trio*.

Just now the papers are shouting at you as if you were deaf and might well not hear, were it not for the

double emphasis and the loud pedal,—"Vitamins are wonderful life-giving, health-building elements which will banish greasy skin, rough spots, scrawny neck, care-worn face, sunken cheeks, flabby flesh, that bloated feeling, pimples, boils and eruptions."

Obviously countless thousands are relying upon the false doctrines thus publicly announced through the press, otherwise it would not be profitable to publish so many quarter-pages, half-pages and entire pages of vitamin advertising.

Are not the doctors themselves to blame for the terrific shift towards self-medication which this ever-increasing volume of patent medicine advertising reveals? Notwithstanding the fact that nothing has been known of the vitamins, the doctors have preached them and prescribed them. In the meantime they certainly knew what the mineral salts and solubles were and are. They knew what the mineral salts and solubles of whole food accomplish in the body. They raised no protest when they saw the evidence that these mineral salts and solubles were to be robbed of the credit for what they are and for what they do in order that such credit might be attributed to a mere inference, a nebulous mixture of opinion and supposition, a shadowy and intangible refinement of imagination.

If the doctors knew, as they do know or should know, what the mineral salts and solubles are and what the mineral salts and solubles do, and what appalling tragedies are imposed on the human family when the mineral salts and solubles are sifted and bolted out of the human dietary, what justification have they had for abandoning their knowledge, for failing utterly to act upon it, for tacitly condoning the commercial crimes and the false taste standards responsible for it all?

No wonder the people seem ready in their turn to abandon the doctors for every Jack-O-Lantern that flashes through the dark, taking up the iron tonics and the vitamin tonics and the gas-pipe tonics and all the other systems of therapy that continue to grow faster than respect for the doctors ever grew.

The doctors have been so very ethical. They have had such a family corporation, (Continued on page 101)

Eat Your Foods as God Made Them

THE long and short of the vitamin situation is this: Get back to nature as fast as you can. Eat things as they come from the ground—greens and vegetables, salads and fruits, whole grain breads and breadstuffs. Add a little meat here and there because it has been your habit of life.

Such a simple combination as a glass of milk, a piece of whole wheat bread smeared with butter and honey, a fresh ripe tomato or an orange, contains every mysterious, conceivable or inconceivable food substance required by the growing infant or the trained athlete, the expectant mother or the school girl.

There are no academic tables of latinized phrases to learn. Our grandfathers who lived close to nature knew nothing of these things and thrived. Our grandfathers who through ignorance or false step departed from nature, failed to thrive.

When the doctors begin to hammer at causes instead of focussing on symptoms, the people will return to them with affection and regard, faith and hope.



Success at Forty— *and* Death at Fifty

By Wilbur Hall

CARTOONS BY G. B. INWOOD

WHEN word went around the financial district that Bob Nodden had been pronounced tubercular by the specialists and given six months of life everybody said: "Well, I'll bite. What's the gag?" It was exactly as though someone had told you that Jack Dempsey had gone to South America to become sergeant of a company of revolutionists—you knew it was the latest funny story.

Bob was six feet two and a fraction. In college he had rowed in the crew, played full-back and won two or three amateur boxing championships; later he had spent two years on a cow ranch, and when the Athletic Club wanted a man to lick an impudent heavy-weight in a rival team Bob would take off his coat and ask for bandages on his hands.

He was the sort of fellow who clumps you on the back in friendly greeting and then sends flowers to the hospital and explains that he didn't know he was hitting hard. He ate what he pleased, lighted one cigar on the butt of another, drank anything that was offered him, sat in draughts from preference, took cold baths all through the winter, never wore an overcoat—well, you know the man. There is a Bob Nodden for every fifty young business men throughout America. You wouldn't have been more surprised at war breaking out between Switzerland and the Ford Automobile Com-

pany, than at the news that this young giant was taking the count.

I knew that he had been working too hard and going too fast for several years, but I supposed, as he did, that he could stand it. He was manager on the Coast for a nationally-advertised office necessity, and very successful. His personality had helped a business that was already almost a monopoly in his territory, and the factory had added four or five states and Hawaii to his field as a reward for good conduct. I suppose he was making ten or fifteen thousand a year—and spending most of it as he went—but he had to work like a horse, and did. He was loved, admired, feared, respected, and envied—and now he was suddenly lying on his back in a tent somewhere in the Sierra Nevada, looking at an almanac and trying to remember whether he'd done anybody any wrong that he could right before it was too late!

As soon as I could I went to see him. He tried to look cheerful and to say he would be down on the street again in time to get out next month's report, but he was hard hit. While we were talking the doctor came in—and I got this message to the live ones of America about the ultimate survival of the dead ones! Read it, and then thank Dr. Erasmus Held.

This famous tuberculosis specialist is a little, round,

fat, spectacled man with a funny fringe of thin grayish whiskers around his jaw, a quick way of turning his head to bore you with his eyes, and the most saturnine and cold-blooded expression on his face that I ever saw. While we talked to him—because he didn't say much at any time—he leaned forward, with his hands folded across his avoirdupois, eyeing us very much as though we were guinea pigs who had been given a shot of poison and were showing the first signs of a death in agony. I could imagine him in a clinic. I began to feel as though I had t. b. myself and was about to be told so.

We passed the time of day and I asked him, cheerfully, when Bob Nodden would be able to go to work again.

"Probably never," Dr. Held said, gruffly. "Depends on himself."

"Whether he takes his medicine and does what he is told, and so on?" I hazarded.

"Nope. He'll obey orders if he stays here—don't worry!"

"What do you mean, then, doctor?"

"I mean his getting well depends on whether he will really quit business."

"He looks to me like a man who has already quit."

"Looks that way. That's all. He has been here two weeks and he has asked for a stenographer already."

"Oh," I said. "So that's it."

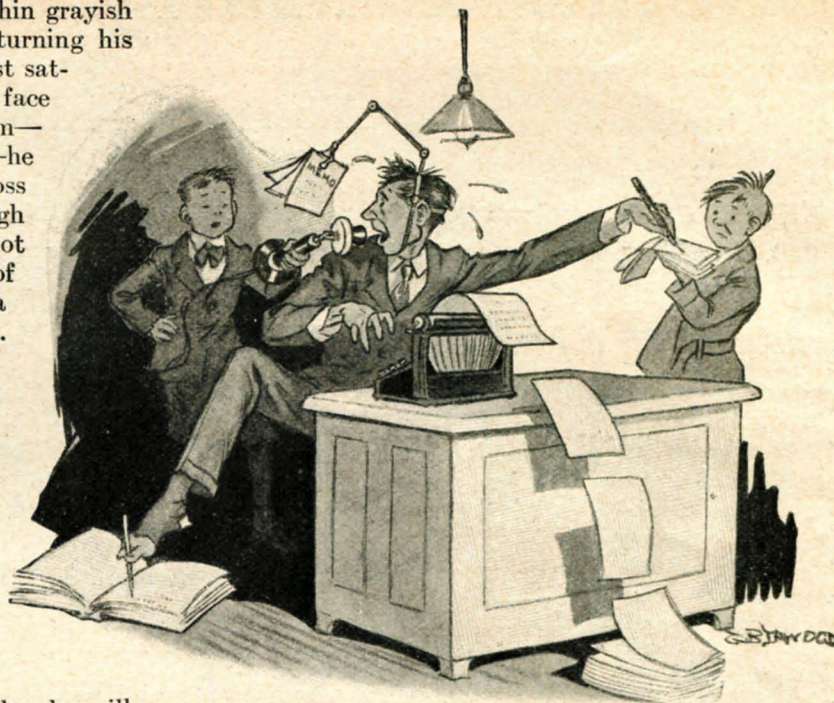
Bob groaned. "God knows I'm trying to quit," he said. "But that jackass, Stowell—"

"Sure, that's right," the doctor interrupted, savagely. "I'll tell you something, my boy; your specialist in the city gave you six months, wasn't it? Well, I'll give you three, at the outside, if you think of Stowell as much as twice a day from now on. I take it that he's your assistant—"

"The factory sent him out to take charge while I was away," Bob supplied.

"All right. Then it's up to the factory. Your friend here looks like he has a little more sense than the average successful man. Has he?"

"The greatest favor a man could do you would be to hit you under the ear and knock you cold for an hour every day."



I bowed and grinned, and Bob chuckled and nodded. "Very good. I'm going to tell him something for the good of his soul. You are both of you hard workers and successful young men. You're live ones, according to your associates. That right? Thought probably. Pride yourselves on it, don't you? Well, look around you a minute."

He waved one of his fat little hands and we turned to follow the gesture. Bob had a tent house on the side of a hill; below us and on three sides of the sloping basin where the sanitarium lay were scores of similar tents, most of them occupied. A few patients were lying out in the sun on a lawn around the administration buildings; a few were walking slowly about—dragging about would be more accurate. It was a sight to give a healthy man the shivers.

"This is the Last Chance Resort for the Live Ones of Modern Business," Doctor Held said, savagely. "The dead ones of business live to be eighty and die of old age."

I stared. Bob Nodden forgot to cough.

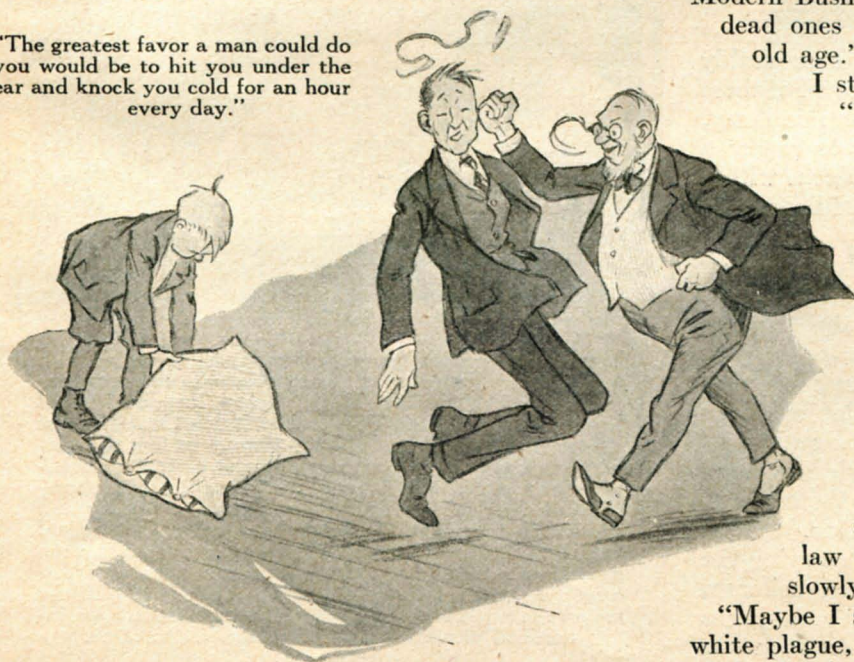
"I don't get you, doctor," he said.

"But I get you, my boy," the specialist snapped. "I get about a thousand like you every year. Eighty per cent. of them have their snap and sizzle and ginger wrung out of them after they've been here a while, and they get well, or partly well. The boys who qualify as live ones to the last breath go out in those pine boxes you can see any day on the road to the freight depot at Miltown."

He paused and looked hard at Bob.

"This is the place where we demonstrate the conclusion of the great modern law of the survival of the weakest," he said, slowly.

"Maybe I see what you mean," I said. "That the white plague, as we call it, hits hardest the man who works hardest and accom- (Continued on page 62)

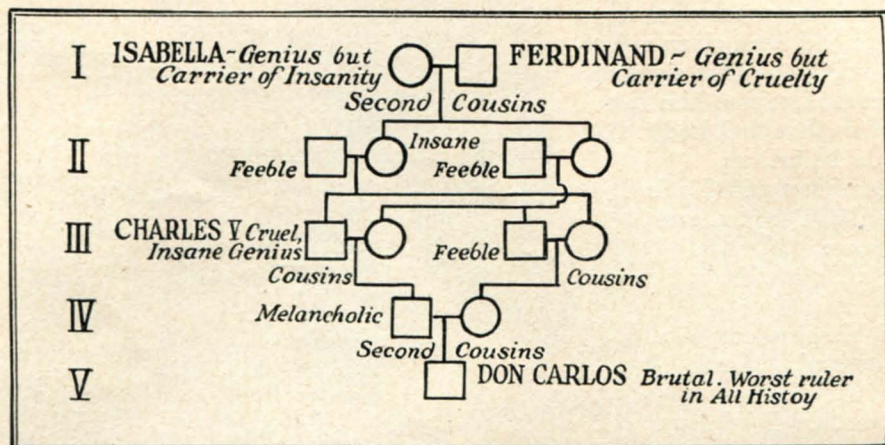


Should I Marry My Cousin?

By Albert Edward Wiggam

EVERY man carries within himself a host of family skeletons. He is wholly unaware of them. Yet, it may be that he carries the skeleton of some insane grandfather whose very name he does not even know. Two, three, or even ten generations back there may have been some cranky, silly old grandmother, who was a holy terror in her day and time. The skeleton, and more than that—the very power to reproduce her very nature in his children, may easily still be carried within him. There may have been a high-tempered, ill-natured, drunken uncle or a dissolute, epileptic cousin, born a thousand miles away and of whom he has never heard, yet the very seeds of their characters may be floating in his blood, or, more accurately, in the germ plasm that he carries, without ever visibly affecting him. And, by the laws of heredity, all of these things which do not show either in his body or mind may, indeed most certainly will, if he chances to marry a woman who is carrying the same family skeletons within her, be transmitted and show once more in full force in his children.

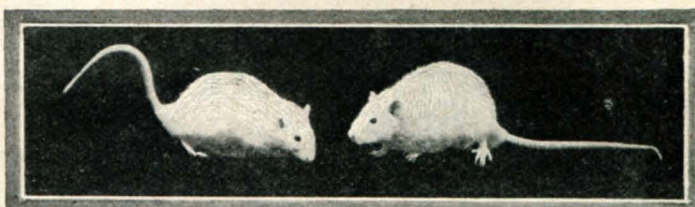
But, on the other hand, it is a joy to have learned from the new revelations of the laws of heredity, that though a man may be carrying a few of the grinning skeletons of the family in his blood, he is always carrying a vast treasury of their virtues. These virtues may also be equally unknown to him and fail to be exhibited in his life or character. He may be a worthless, ne'er-do-weel nincompoop himself, yet he may be carrying the broad human sympathy of some noble ancestor, the courage, grace and charm of some unknown forebear. It is glorious to find that while a man may be carrying the vestiges of a few defects, such as insanity, epilepsy, feebleness of mind and will, he is always carrying a thousand potential glories which have a hundred times as many chances of cropping out in full bloom in the



The truth is that cousin marriages do not in themselves create or produce defects, but are likely to uncover them if they are in the stock. Cousin marriages are dangerous where there are defects in the common ancestry, as for instance, in this chart of the ancestry of Don Carlos. Isabella and Ferdinand, patrons of Columbus, were second cousins, each sound, but "carrying" the same defects. One daughter, Joanna, insane, married Phillip, and the other daughter, Mary, a mediocre character, married Emanuel. Joanna's son was Charles V, the greatest man of his time, but insane, inheriting both the genius of his grandparents and the insanity of his mother. Charles V married his cousin, his aunt Mary's daughter, and his sister married her cousin, aunt Mary's son. In the next generation, we see the children of these two cousin marriages married to each other. Their son was Don Carlos, said to be "one of the most despicable and unfortunate specimens of humanity in modern history." He had women who jilted him burned alive for amusement. Don Carlos was the great grandfather of Richard III of England. Chart worked out from Dr. F. H. Wood's "Heredity in Royalty." (Holt and Company.)

children as have the taints and stains upon the family escutcheon.

It is indeed surprising to discover that all of this helps us to an amazing extent in explaining the age long mystery of the numerous defective children that sometimes do follow cousin marriages. In fact, as we shall see, it contains the clear, final and complete explanation of this world old riddle which has caused so much terror and heartache among the children of men. Not only among human beings, but also among practical breeders of plants and animals "inbreeding" — the mating of close kin



You cannot do with human beings what you can do with rats, because you cannot kill or eliminate defective humans as do rat-breeders. Nevertheless, the experimental breeding of rats carried on by Dr. Helen Dean King of Wistar Institute, Philadelphia, demonstrated that inbreeding coupled with selection is the best way to improve any stock. Goliath was the product of six generations of close inbreeding by the mating of brother and sister, the rats in the upper photo being the original parents. The point is that the best specimens in each generation were selected, the poor ones eliminated. You cannot do that with human beings, but the good qualities may be intensified by inbreeding, just as defects are intensified disastrously—if they are in the stock.



The poise and beauty of classic sculpture are suggested in this exquisite pose by Miss Eggett.

other from every standpoint of character, temperament and beautiful interest in each other's lives. Yet the parents and relatives sternly separated them. Each has married an outside person and both their lives have been filled with heartache and wretchedness, longing for each other. And now, looking back after science has illuminated the whole subject, and surveying the ancestry of both cousins, I can see what a foolish and unnecessary tragedy their lives have been. They should by all means have married, and no doubt would have blessed the world with their own happiness and that of a goodly family of sound, healthy children. Yet I know of two other cousins who were married, who were quite sound themselves but who have three defective, feeble children. Looking back over their family histories we now see that all the laws of God and science and man should have forbidden them to marry each other, although I think each one might safely have married into a family that was not near of kin.

So there you are in the face of a strange enigma. Cousin marriages do sometimes produce perfectly tragic results, while on the other hand the children are sometimes as good or even better than the parents. In many cases in history the children have proved to be men and women of extraordinary genius. We see this in the chart of the Darwin family, where the children of the marriage of Charles Darwin with his cousin Emma Wedgewood, granddaughter of the founder of the great Wedgewood pottery, has resulted in four sons who have been ornaments to the scientific history of England. At the Eugenics Congress held recently in New York City, I talked with Major Leonard Darwin, honorary president of the Congress, one of these famous sons. At the age of seventy-one, he delivered six brilliant addresses within eight days, endured all the hardships of attending a great convention, and at the end was as fresh as many a man of thirty-five. Certainly cousin parents did not injure him.

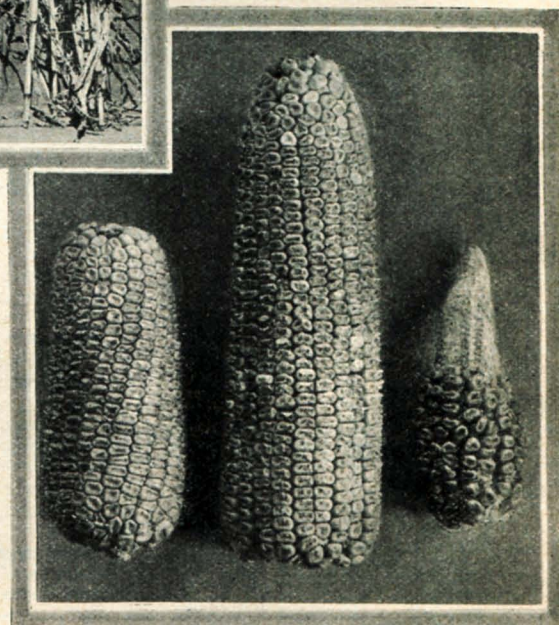
As I write I have just come from the American Museum of Natural History in New York where I reviewed the pedigrees of the Bach, the Harrison and the Kemble families—the latter

being the most famous family of actors and actresses in the world. I found several cousin marriages in each family with no apparent injury. President Benjamin Harrison had one parent who was the child of a cousin marriage. In the Bach family I counted within five generations twenty famous musicians and thirteen others of high musical talent. While there were many outmarriages, of course, there were several inmarriages with no bad results. And the same was true of the Kembles, the great family to which Sarah Siddons belonged, which produced nearly twenty famous actors and actresses within five generations.

I also reviewed the pedigree of the famous Jersey Bull, Sybils Gamboge, who sold for \$65,000. His great-great-grandfather was Flying Fox, a famous sire. His great-great-great grandmother was Oxford Lass, a celebrated mother of celebrated calves. Now Sybils Gamboge has descended from these ancestors by half brother and half sister matings for four generations. Calculations show that he carries in his blood exactly twenty-five per cent of the blood of Flying Fox and thirty-two per cent of the blood of Oxford Lass. But this mixture of fifty-seven per cent of the common blood of his ancestors instead of injuring him has made him one of the most



Everything depends upon the stock involved. Crossbreeding of different races or varieties sometimes produces excellent results, sometimes not, all depending upon the kind of stock that is crossbred. The picture at the right represents the small ears of two strains of corn after six generations of inbreeding. They were then crossed, and the fine ear in the middle is the result. Above are two strains of corn which Professor E. M. East of Harvard inbred with their own pollen, the closest inbreeding possible, for eleven generations. This brought to light all the hidden recessive defects, the defectives in each generation being eliminated. The result was that he obtained by selection of the best in each generation, strains that were lacking in size and vigor, but "pure" with a large number of fine dominant qualities. He then crossed these two strains of quite different varieties, and the hybrid, shown in the center, appears to have regained in one bound all the old vigor and size. The new corn is now free from all the recessive defects which the inbreeding did not create, but merely unmasked.



famous animals that ever lived. The average human being or animal which is not the result of inbreeding carries but six and one-fourth per cent of the blood of one of his ancestors four generations in the past.

Certainly this is an extraordinary situation. Cousin matings produce both good and bad results. Evidently then, it is something besides the mere cousin (Continued on page 105)

How Ethical Is Medical Ethics?

By Annie Riley Hale

ETHICS: "The science of human duty and of right conduct."—Standard Dictionary. **Medical Ethics:** "The rules and principles governing the professional conduct of medical practitioners."—American Medical Dictionary.

Thus it appears the latter is such an elaborate variant of the former, that it constitutes a separate system of morality peculiar to members of the medical profession. By their learning and accredited curative skill,—making them practically the sole arbiters of life and death; more especially by the supposed loftiness and nobility of their motives and aims, these are set apart from the ordinary run of mortals on the ethical plane; they are a distinct class of ethical culturists, of so highly privileged an order, they are permitted to formulate their own ethical code, applicable only to themselves, and for the observance or infraction of which, they are amenable only to themselves.

The provisions of this medical code of "rightness" are succinctly and authoritatively set forth in the "Principles of Medical Ethics," a small booklet of twenty pages issued by the American Medical Association, and carrying its high endorsement. The "Principles" are divided into three sections: I. The Duties of Physicians to Their Patients. II. The Duties of Physicians to Each Other and to the Profession. III. The Duties of the Profession to the Public.

It is a bit significant that but two pages of the code are devoted to "the duties of physicians to their patients;" the same amount of space is given over to outlining their obligations to the public; whilst all the remaining of the twenty pages are concerned with "the duties of physicians to each other and to the profession." This most important and voluminous section of the code comprises numerous rules and mandates for the regulation of professional deportment, some of them wise enough or harmless enough *per se*; but as these are merely suggestive and advisory—carrying no adequate means of enforcement, they cut no figure in the code except as ornaments. Such for example, is the pious platitude found in Sec. 3 of Art. I, borrowed from the maxims of Hippocrates: "A physician should be an upright man instructed in the art of healing. Consequently he must keep himself pure in character and conform to a high standard of morals. He must be diligent and con-

scientious in his studies. He should also be modest, sober, patient, prompt to do his whole duty without anxiety; pious without going so far as superstition, conducting himself with propriety in his profession and in all the actions of his life." (We give space to this perfunctory paragraph by way of recalling to certain eminent medicos that once upon a time doctors were exhorted to be *modest!*)

Again, some of the provisions which from their wording might be expected to serve quite laudable ends,

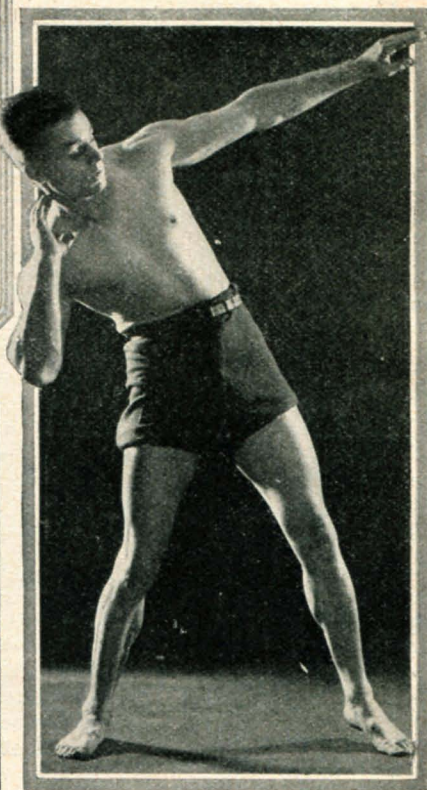
are completely nullified by other provisions which stress the necessity of maintaining "the dignity and honor of the profession," said professional dignity and honor having come to mean by common consent hoodwinking the public into a belief in medical infallibility. Thus section 7, Article I of the "Principles" relates: "Physicians should expose without fear or favor, before the proper medical or legal tribunals, corrupt or dishonest conduct of members of the profession. Every physician should aid in safe-guarding the profession against the admission to its ranks of those who are unfit or unqualified because deficient either in moral character or education."

It is not quite clear to the lay mind, just why medical offenders should be granted a secret hearing before a jury of their medical peers—all sworn to uphold "the honor and dignity of the profession;" or before a legal tribunal which admits only "expert" testimony, i. e. the testimony of these same medical peers and conspirators in silence who—as Shaw says—"will allow a colleague to decimate a whole countryside sooner than violate the bond of professional etiquette by giving him away," instead of being brought to book like other criminals before the bar of public opinion. Certainly it is the suffering public who are victimized by medical dishonesty and corruption—not to mention incompetence—and who have therefore the deepest interest in calling a halt on them.

The better to appreciate the ineffectiveness of either medical or legal tribunals in correcting these abuses, let us turn to some other mandates and exhortations of the medical code. First as to the deportment exacted of a consultant called into the case by the doctor in charge, found in Articles III and IV of the Code. Although it is stated in the preamble that "in every consultation the benefit to be derived by the (Continued on page 116)

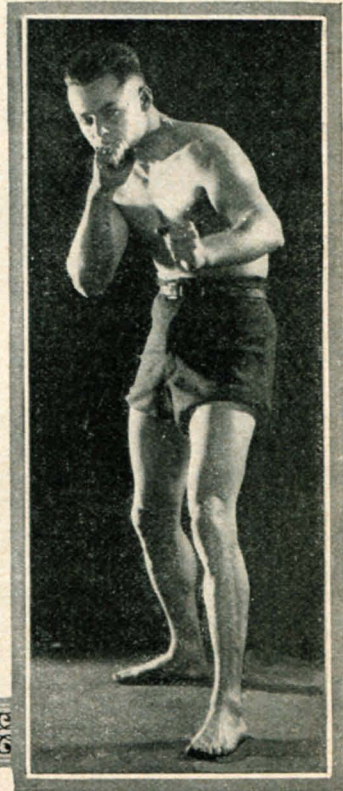
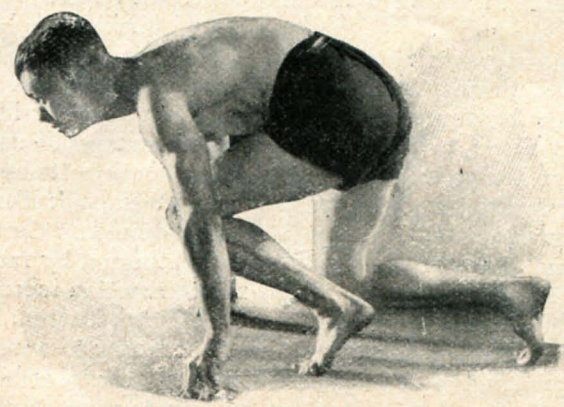
Has the Patient Any Chance At All?

PERHAPS the most impressive stunt in all medical practice is that of the learned consultation of the doctors when, the case being very difficult or serious, a second physician, or a group of them, is called in on the case. Mrs. Hale in her analysis of the official code of ethics, shows that what is presumably a gathering for the benefit of the patient, since he pays for it, may become in actuality an instrument for the support and benefit of the physician in charge. The rules of the game as set forth in the "Principles of Medical Ethics" require that the doctors must agree. Then, any statement on the case made by the consultant must be made in the presence of the doctor in charge, which may possibly mean, in some cases, that he will keep mum, or, if he disagrees, he cannot take charge of the case, according to medical ethics, without the consent of the first doctor, who does not know what to do with the patient. Where does the patient have a look-in? But read it the way Mrs. Hale tells it in this article, along with her illuminating and brilliant comments on other phases of medical ethics.—The Editor.



TOD ROBBINS

Does it require virility to create virile art? Does it require a red-blooded personality to write red-blooded fiction? It is a unique coincidence that the winner of Physical Culture's prize novel contest should prove to be Mr. Tod Robbins, novelist and prominent athlete, a life-long physical culturist.



Fighting Mad

The Story of a Warped Soul

By Tod Robbins

ILLUSTRATIONS BY J. HENRY

CHAPTER I

MY mother and father died when I was very young—so young that I have no clear memory of them. Mrs. Raymond Hartley, an old friend of the family, took me to live with her and her two children, Louise and Billy. For eight months of the year we resided on her Long Island estate and for the other four in town.

From the first Louise and I were all in all to one another. A strange, solemn little girl with eyes too large for her diminutive face and two long braids of chestnut hair which nearly reached her knees, she knew and shared my weaknesses. In vain I joined Billy in his foraging for birds' eggs and in his war against the squirrels which infested Taylor's woods, in vain I boasted of such blood-curdling ferocity that it made even my hardened companion's cheek blanch with fear, in vain I enumerated all my fancied crimes, Louise would look steadily at me and smile her unbelief. Intuitively she sensed my weak, womanly side which I strove to keep a secret from the world—my dread of inflicting suffering, of witnessing it, of sharing in my cousin's warfare against the squirrels and birds—sensed it and rejoiced in it. My hastily donned armor failed to deceive her. She knew me.

One summer afternoon of my childhood still stands out vividly against the dull background of the years. It is my earliest recollection and undoubtedly my clearest.

I am lying on the beach. A thunderstorm has swept over the bay an hour before. Now the masked clouds in the east are breaking up and retreating like a defeated army. Broad bands of sunlight fall on the meadows. The rain-drops, clinging to the blades of grass, flash as brightly as jewels. And the waves still attack the shore in glittering, foam-flecked hosts, although their general—the wind—has hurried off to another battlefield.

Louise Hartley is sitting near me. She is digging a hole in the sand; and her small round face wears a serious expression. From time to time, she turns her head and looks across the lawn to where her brother is

engaged in stalking some straying chickens. Billy seems particularly bloodthirsty in his new Indian-suit, his long, thin face streaked with paint, one of the feathers from Mary's duster waving above his curls. As he advances upon his unsuspecting prey, he bends nearly double and carefully draws an arrow from his quiver. Now he kneels in the long grass.

Louise drops her toy shovel with a little cry. "Oh, I hope he won't hit any of them."

"He never does," I answer calmly. But for all my

brave words, fear is eating away at me. Even then, as a boy of eight, I am ashamed of this feeling—this dread of seeing suffering. I attempt to hide it by apparent indifference. I know that men should not be as tender-hearted as girls. "What are you afraid of?" I ask contemptuously.

But Louise says nothing. She is looking past me with terror-stricken eyes. Now Billy is bending the bow, while the unsuspecting chickens are walking leisurely about with a philosophic air. I have a wild impulse to leap to my feet, to run at them, to drive them out of danger. And yet Billy is a very bad shot. Yesterday he couldn't even hit the maple-tree, and

he had a dozen chances. Then why does my heart pound so? I am afraid that Louise may hear it—it pounds so. Involuntarily I close my eyes.

Suddenly a tiny hand grasps my arm. "Fred, he has hit one! Oh, isn't he cruel!"

Then I open my eyes and see that the impossible has come to pass. One of the chickens is down—a white one—and it is struggling about in the grass. Several of its feathers are blowing away over the lawn, like flakes of snow. Billy rushes towards it, shouting wildly. How I hate him, how I envy him! I am trembling, and tears are in my throat. But I mustn't show my weak womanly side. I mustn't show it! I must act a part. I must harden myself, and be a man.

It is all over. The chicken is no longer struggling—it is motionless. Billy lifts it up by its feet. I can see the arrow piercing its long limp neck. Now Billy is running towards us. Steady, steady! I must act my part. If he suspects the truth, he will laugh.

"I can't stand it. I'm going up to the house. Billy is so cruel!" Louise has risen to her feet. There are

This Is Our \$3,000 Prize Novel

THIS is the first installment of the gripping, red-blooded serial story that won PHYSICAL CULTURE'S recent novel contest. This story was awarded the prize from among several hundred entries.

Mr. Robbins has achieved distinction as the author of "The Unholy Three," (John Lane Company) and "Red of Surley," (Harper and Brothers), both novels, and, more recently, "Silent, White and Beautiful," (Boni and Liveright), a volume of short stories.

Mr. Robbins, now thirty-two years old, was in his school days captain of the Washington and Lee University track team, 1909-10, and the holder of the Washington and Lee University record for the pole vault. He played football and tennis, and won the lightweight boxing championship of his university.

tears in her eyes. As she hurries off, she shakes her head indignantly from side to side and her long braids of hair swing back and forth like two pieces of rope in the wind.

I rise to my feet with the intention of following her, when Billy, with a yell, breaks through the long salt grass and is upon me. His thin face is flushed and contented-looking. He flourishes the dead chicken under my nose, as an Indian warrior might flourish the scalp of his deadliest enemy.

"Well, what do you think of that, Fred? See, right through the neck!"

"Yes, but it was luck." I feel perfectly calm, perfectly self-possessed. I have drawn my real self into some remote corner where no one can find it. Like a turtle, I am all shell.

"Luck!" Billy cries angrily. "No such thing!"

"What will you do with it? You know what your mothersaid about shooting chickens?"

"I guess we'd better bury it. There's Louise's shovel. You do the digging, will you?"

"Hello, you young murderers!"

A tall thin man is standing over us—a tall thin man, his legs wide apart, his head cocked on one side. He has a long curved nose which twitches occasionally, close-set gray

eyes, and an uptilted chin with a decided cleft. From time to time, he rises on his toes, with a nervous motion of his shoulders. And at these moments, as he breathes the air in through his beak-like nose, he resembles a gigantic bird of prey who has suddenly detected the odor of some carrion banquet.

"Two murderers caught red-handed! Who's to pay?"

"Who's to pay?" says Billy with wonderful presence

of mind, that surprised me. "What do you mean, sir?"

"Who's to pay? Who's to pay the hush money?" says the stranger with a cunning leer. "I'm in on it, you see. I've got to be bribed. I'd make a valuable witness for the prosecuting attorney. Somebody'll swing unless I'm paid. What?"

He continues to leer at us, his small round head tilting towards his right shoulder, one of his little gray eyes squinted up into a mischievous slit.

Suddenly I feel that both of his eyes are focused on me, that they are pricking me like pin points. I seem to lose the privacy of an individual. I feel that my head is being opened like a melon, and that this unpleasant stranger is picking the thoughts out of it like seeds. I turn my face away.

"Ah ha, a new hand at the game!" he cries. "Remorse—fear. Can't stand the sight of blood, eh? Here's a brave cutthroat for you! Murders first, and weeps afterwards. Wait 'till he feels the hangman's hand on his shoulder, the greased rope around his neck. 'Our Father who art in Heaven—Amen'. And then he does his little jig in the air."

"He didn't kill the chicken," says Billy, sobbing a little at the dire picture presented to him. "I did it. They shan't

hang Fred." He stood up to the man defiantly.

"Spoken like a man!" cries the stranger. "That's right, die game. There's many of them in Sing Sing who could take a tip from you, boy. There was Tyron Sullivan, who went last week. What a time we had with him! Up to the last he was a nuisance. 'Go see the Governor again, Mr. Jenkins,' he'd say. 'Sure there's some hope, ain't there, Mr. Jenkins?' And while



Again I saw Jenkins leering at Eleanor. It seemed that the jackal lawyer had reached out to seize this toothsome morsel before I had intervened.

they were leading him to the rope, he died from fright and cheated the hangman and the state."

"But are you going to tell about the chicken unless we give you money?" I ask.

"No, boy, no," he says looking down at me with a shrewd smile, "not this time. I'm your legal adviser and guardian. My name's Jenkins. Perhaps you've heard of Jenkins? I'm known as 'Gimlet' Jenkins among the boys."

"Yes, Mrs. Hartley often speaks of you."

"Does she, does she? That's nice! Well, I'm off." Suddenly he bends over me, and puts his hand on my head. "You're the image of your mother," he says very low. "But don't be so soft. Grow up hard—hard! You know, like a crab. A man must have a shell, boy."

Straightening himself, he nods and strides off down the beach. And Billy, looking at me in astonishment across the dead fowl, mutters: "Isn't he a queer old bird?"

CHAPTER II

As I grew older, I lost none of my sensitiveness. Life refused to harden me into the average mould. I could never blind myself to the suffering of those about me. But I was ashamed of this soft womanly trait in my character. I assumed an unnatural hardness, an exaggeration of carelessness, which soon won the respect of Billy and the other boy sportsmen of the neighborhood.

But there was one who knew my secret. I could never blind Louise to the truth. Her large brown eyes, so innocent and candid, could look me through and through even as Jenkins' sharp grey eyes had done; and,

although I might boast of my skill as a hunter, although I might tell of the squirre's that had fallen before my trusty rifle, I knew that she was saying to herself quietly and confidently: "This is not the real Fred—ah, no indeed."

Louise was always old for her age. She never passed through that giggling period common to most girls. Although unusually pretty, she seemed quite unaware of it.

Unconscious of her beauty as any flower, with a strange humility of spirit, was it surprising that my boyish eyes passed her by? Youth is the age of fireworks. We expect a loud report, before we think it worth our while to look.

And yet my happiest hours were spent with her. She was an inveterate reader, with a nice discrimination for books, and many an afternoon we whiled away on the beach—I, lying prostrate, looking up at the lazy moving clouds; Louise, sitting with her back against the dory, reading aloud from the novel which lay open on her knees. And so the minutes would pass, the restless summer insects would buzz around us, and the great sun would sink slowly down into the sea.

But soon shadows, from the forest of the

future, threw themselves across our playground. One day I overheard a conversation between Mrs. Hartley and her companion. It seemed that I was to be a millionaire. Bursting with excitement and importance, I ran out of the house to find Louise waiting for me on the lawn. "I'm to be a millionaire, Louise!" I called to her. "When I'm twenty-one, I'll have an income of more than fifty thousand a year!" (Continued on page 66)



My recollection of the ceremony is shadowy and unreal. I remember that I was seized, blindfolded and led about for hours.



Yawning Your Way to Health

The Natural Exercise

By John Hayden

ILLUSTRATIONS BY TONY SARG

YAWN your way to health!

In reply to the voice from the back of the hall charging that this is evidently a lazy man's prescription for lazy people I aver that that is just what it is; and I ask who should be better fitted to advise lazy people in this vital matter than one who has made a life-time study of how to yawn and be prosperous.

I am not yet ready to make any important announcements on how to yawn and be financially prosperous. That indeed would be like to a bald man advertising a tonic guaranteed to grow hair. I have not succeeded in capitalizing the yawn to that extent. That discovery is doubtless reserved for the man who shall have succeeded in squeezing blood from a turnip, squaring the circle, and putting a ring through the nose of that bull in the china shop of the universe known as perpetual motion.

I can vouch for it, however, from observations of my own physiological processes, and on those of other persons afflicted with my chronic aversion to "daily dozens" and other tabloid ten minute calisthenic formulae, that it *is* possible for a man to yawn his way to health. If the wish be father to the thought, I can't help it. I aver it anyhow. "Yawn your way to health" makes a good slogan. If it doesn't mean something it ought to—so here goes.

Have I done it? Bless you, my dear sir, I'm not talking about *my* health; I'm talking about yours. When my joints begin to creak a little harder than at present, and when my nerves acquire that razor edge which is so easily turned, I shall rigorously apply to my own carcass the complete art of yawning as here set down for the benefit of unfortunate persons who may need its solaces at once.

There is a sense in which all exercising of the body is a stretching of the body; and to yawn—what is it but to stretch. If you question this take a good, thorough-going

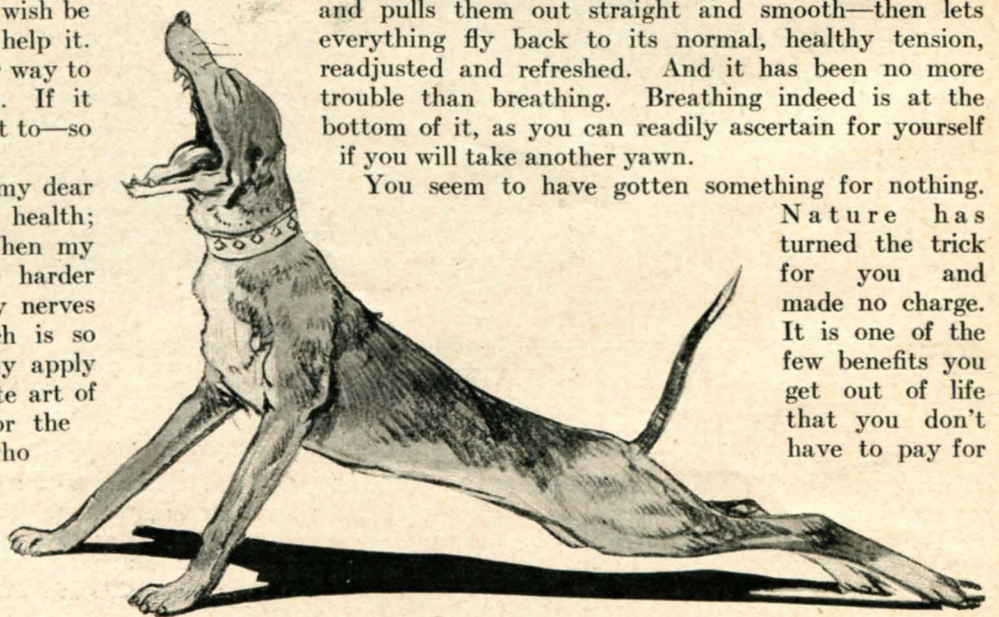
yawn right now—the kind that spreads itself over your whole body. You will find that nature has treated you to a form of exercise that has in it certain very obvious possibilities and instantly evident benefits, an exercise that squeezes the sleep right out of your brain and sluggishness out of your system. You will also discover that when you yawn, if you really yawn, you have done vastly more than merely open your mouth.

Now the curious thing about a yawn, if it be the pervasive kind of yawn I have in mind, is that it seems to be a kind of natural starting point for a remarkable series of reflex muscular contractions which are far more powerful than anything one is likely to compass in going through ordinary "exercises," and are correspondingly beneficial. The whole process is so nearly involuntary that it takes a distinct effort of will to refrain from them once they get under way.

There is something luxuriously natural, effortless, and spontaneous about the whole thing. With no deliberate effort on your part something takes hold of all those tired muscles and nerves and of your very mind itself, and pulls them out straight and smooth—then lets everything fly back to its normal, healthy tension, readjusted and refreshed. And it has been no more trouble than breathing. Breathing indeed is at the bottom of it, as you can readily ascertain for yourself if you will take another yawn.

You seem to have gotten something for nothing.

Nature has turned the trick for you and made no charge. It is one of the few benefits you get out of life that you don't have to pay for



The yawn that extends itself by degrees to the very tips of their four paws.

by the sweat of your brow. Even rolling off a log, easy as it proverbially is, means a bump at the end. And as for ordinary "exercises," why if you want them you must pay. They are a discipline; there is nothing reflex or luxurious about them; you put yourself through the mill by virtue of your grit and determination.

But a yawn—if you give it full swing! ah, that is different. It bears you to the skies, the old Calvinistic hymn to the contrary notwithstanding, on flowery beds of ease; for if there be within you any of the poisonous humors of sluggish living, lo they have drained out of you as if by magic.

Surely, then, there must be profit to be had from a brief inquiry into the nature of the Yawn, and into the possibility of capitalizing it as a factor for health and for increasing what joy we take in life. A true philosophy of yawnings, I am certain, is necessarily a thing of much pith and substance, and no mere whimsy. I even go so far as to claim for it precedence over the tar-water which one Bishop Berkley commended to the human race as a remedy for all the ills it had. Doubtless, if the human race would yawn with a proper degree of art, and do all else in keeping with so noble a practice, we should have reached Utopia.

The yawn is nature's way of giving a man a fresh start when, for one reason or another, he has slowed down. It is one in kind with that deep breath, the sigh, which one involuntarily takes at fairly regular intervals when one had long been sitting still or breathing lightly. There is an involuntary, or practically involuntary, mechanism involved here to whose workings we pay scant attention—but which contains within itself Mother Nature's Own Helpful Hints to the man who would keep his body supple and serviceable.

Don't make yourself miserable taking a set of exercises you hate, and through which you have to wade with set teeth and determined brow. That is to go at it from the wrong point of view, and along the path of greatest resistance. The flesh has a hard enough time of it in this world anyhow. Reserve your energies for fight-

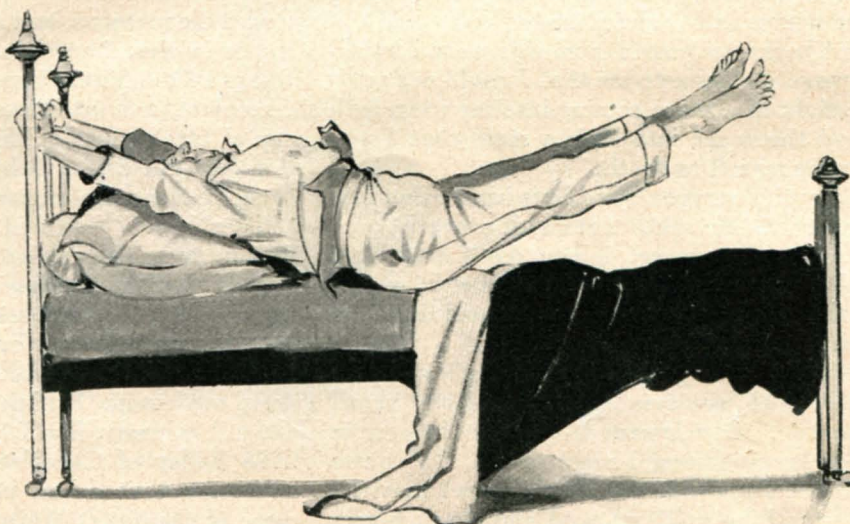


You have reached the height of the process in a few seconds.

ing the Devil in other directions; and instead of exercising, yawn! A yawn is a point of view—it's an attitude of mind—it's a receptive and hospitable way of considering the thing you would otherwise shirk—it's a running start. It's as easy as the descent into Avernus and as beneficent as its opposite. The yawn is the trigger that sets off your reflexes. When you pull it they explode; and then all you have to do is hold the reins and guide the team you have coaxed into running away with you. For you, no more of that slow heave of the will that holds a man, let us say, to raising and lowering his arms twenty counted and mechanical times because he has a cold and deliberate conviction that the agony will benefit his health.

You yawn — and suddenly, in the space of seconds, the thing becomes cumulative. It grows on you like a physical conviction.

It rolls up like a snowball. It passes out of your control; it possesses every inch of you; it completes itself. Consent to it; let it take its course and work itself out to the limit, and you have made of nature's already perfect process a work of art—you've painted the lily, and in spite of the proverb, you've gotten away with it,—to the extent at least of consciously putting that ornamental flower to use. If you be in the least an epicure in sensations you realize that here is something to be tasted, compared, and (Continued on page 56)



You can yawn and stretch in bed to better purpose than you can anywhere else

More Epicurean Than Ever

Meaning That the Author of This Personal Experience Story, Who Found the Road Back to Health Paved With the Right Foods, Finds More Pleasure in Them Than in Her Former Inadequate Diet

By May Flory Eastman

SOMETIMES I sing a little song for my friends and I preface the performance by saying, "You know I really cannot sing," and my husband will say, "Why the explanation, they'll all find it out," to which I retort, "That is true, but I do not want any one to think that I think I can sing." This is my way of telling you that I am not a dietician and that I do not want any one to think that I think I am.

What is an Ideal Diet? That means, like the marriage ceremony—"in sickness and in health." So I'd like to tell of years spent in the "Valley of the Shadow," of my journey back to Health and Happiness, and of the part food has played in my recovery and in our home life since.

From September till the following May I lay in an unheated, open room; my nurse dressed as for an outdoor sanatorium. The first few months my diet consisted of the juice pressed from seared steak, twice-baked bread; then eggs, milk and the usual restorative diet.

With careful nursing, wholesome food and cold air, summer found me comparatively strong. My triumph was short-lived, however. By fall I was in the condition one is supposed to be in when run over by a tank. Then I was put in a hospital under the care of a well known surgeon. For months it was a story of agonizing pain, wrecked nerves and depleted body.

When I first began to recover from this second breakdown food was so repulsive to me that I could not swallow, and the sight of a nurse coming into my room with a tray of food threw me into such a state that I was actually starving myself to death.

Then one day this surgeon (God love him) came into my room for a chat. He said, "Let's quit worrying over food. You don't have to eat if you don't want to." He explained to me that there was no virtue in an unsavory diet; that the saliva refused to flow and digestion was impaired.

We all know that sick people, fighting back over the rocky road to health, are very self-centered and sensitive to suggestion. My Doctor Man said there were other things to keep us normal besides food. Of course we must eat, but for awhile we should forget material things, read something uplifting, and plan to do something kind for someone. We spoke of things we liked in

our childhood. He told me how he loved a farm and asked if I had ever eaten the whole wheat grains and had I ever made "wheat gum" as all children have. He spoke of the rich cream he had on the farm, and how good it was with this whole wheat grain. He left me with the hysteria over food gone, and I fell asleep dreaming of the peaceful hills, with the soft-eyed Jersey cows feeding on the tender green grass, and the ripening fields of wheat nodding in the golden sunshine. Bless his dear heart, he never asked me to eat, but told me that the whole wheat grain is practically a perfect food. It contains all the fifteen elements found in the human body in almost identical proportion. Without thinking why, I found myself asking for wheat and cream.

Each day I added a little more cream to my diet and found I could digest it. Some meals it was just the wheat and cream, then some

stewed fruit and as much cream as I could use. At night perhaps just cream. Many people will say they cannot use cream this way. That's what I should have said had the matter been put to me directly. Rich milk and cream, in addition to the butter fat and milk sugar, contain proteins which have special value in rebuilding and renewing the tissues of the human body, and I began gaining. My biggest gain was five pounds a week. As the body builds up tissue the desire for a varied diet returns, and at last I was allowed little food sprees in the afternoons. I could choose one of three things I liked best: a cup of cocoa, a big fat Bitter Sweet Chocolate, or a little brown hospital custard with a wee cup of black coffee. This last sounds like mad dissipation, but there is a "why" in it. Black coffee is given to help allay the nervousness from narcotics. The "Bitter Sweet" had laid for days on my bedside table waiting to be chosen, but when the time came to choose I could think of nothing in the world I wanted as badly as the Little Brown Custard and the wee cup of coffee. One day my husband came in, spied the chocolate. I saw a flash of white teeth and a red mouth gobbling down my candy. I think I could have stood it if he had eaten it lovingly, like I had meant to do. There was a little Valley of Chocolate on top of this mountain of sweetness that I had planned to lick tenderly till I came to the Sweet White Goo beneath.

But why talk of life's (Continued on page 80)

She Learned to Diet— Then to "Undiet"

IF May Flory Eastman's diet as outlined in this story, tastes as well as the story itself reads, it ought to be thoroughly delightful. Nevertheless, it is a true health story, for she had to fight her way back to health, and she did it with the help of healthful foods. Then she had to learn to control her weight by further readjustments. Her plan of diet might not suit you, and then again it might. Nevertheless, her story is so full of suggestions, as well as of good things to eat, that you will both learn something from it, and also find yourself stimulated to solve the problem of your own idiosyncracies in diet, if any.—The Editor.

He Is Still Roller Skating "Champ" at 53

By Norman Beasley

AT fifty-three Walter Osmun, of Detroit, is still a roller skating champion of the world.

Here are four of his records for one-foot speed skating: 100 yards, flying start, 14 seconds flat; quarter mile, flying start, 59 seconds; 220 yards, flying start, 28 1-5 seconds; 220 yards, standing start, 30 4-5 seconds. Osmun, today, is just as fast as he was twenty, or thirty, or forty years ago.

If the thought has never occurred to you, it means something in the way of condition—and keeping that way—for a man, no matter what his age, to establish records in roller skating. Races are bound to be held indoors and, consequently, the air is never fresh. Smoke-laden, it is a handi-

lake in search of bass. A man has to be in pretty good physical trim to row that distance and not feel the effects the next day. At fifty-three I can do it. I expect to

be able to do it at sixty-three and at seventy-three. Beyond that I'll let the years take care of themselves.

"I've heard it said, frequently, too, that men who went in for strenuous athletics in the days of their youth are subject to 'athletic hearts' as they went along in years. To me that's all bosh. The so-called 'athletic heart' comes when a man lets down in his conditioning work. Health is our most important asset. It is the asset we abuse most. We wouldn't think of wasting money as we waste health but the H in front of EALTH is far more important than the W in front of it.

"I don't mean this as sermonizing. That isn't the thought at all. It's simply an exposition of the everlasting idea that we do not take proper care of our bodies. Roller skating is a strenuous sport. Don't ever let anyone tell you it isn't. I don't mean just gliding around and around in a circle—although that is good exercise—but when a racer finishes almost any distance in a roller skating meet he knows he has been up against some competition, not only outside of himself but within himself, as well."

Osmun was a roller skating champion when he was fourteen years old. At that time he was a "news butcher" on a train running through Deadwood, S. D. The manager of the Deadwood roller rink, knowing of Osmun's prowess, approached him one day with an offer to race a full blooded Sioux Indian—a young buck who never had been beaten. Osmun

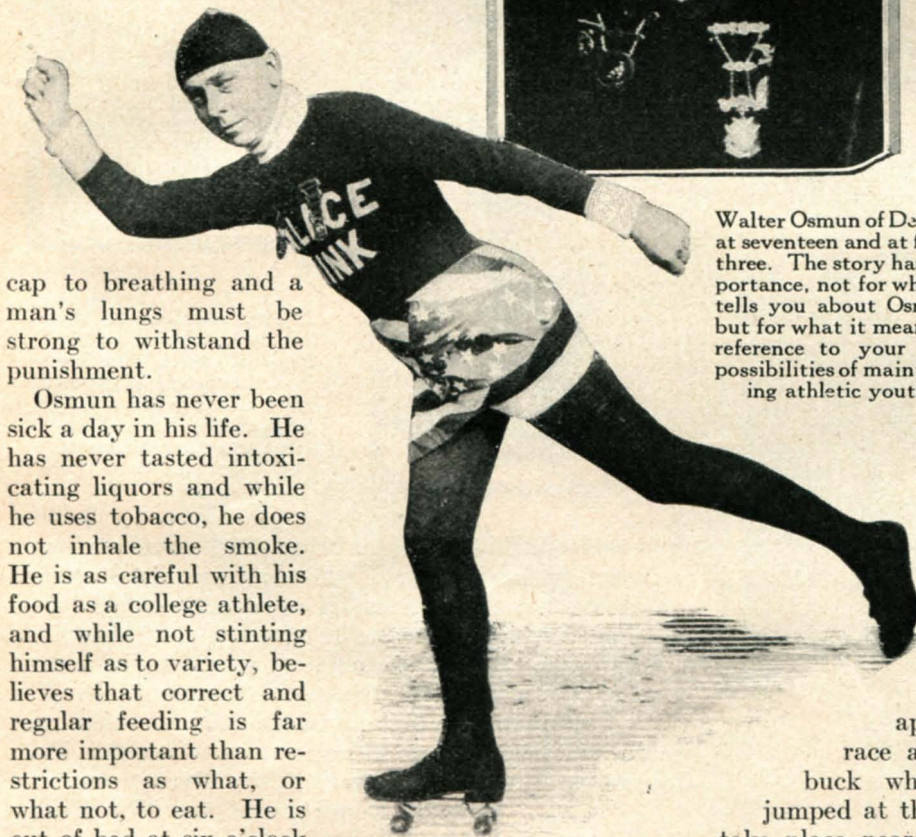
jumped at the offer and the race was scheduled to take place near the Pine Ridge agency. Just before the start the promoter approached Osmun and in a tragical whisper warned him not to try to win the race.

Those were days when the Indians were not altogether under subjection and when Osmun glanced about the rink he saw that they had all been drinking plenty of whiskey. He wanted to back out but the promoter told him that if he did he would surely be killed.

"They'll kill you if you beat him and they'll kill you if you back out," declared the (Continued on page 136)



Walter Osmun of Detroit at seventeen and at fifty-three. The story has importance, not for what it tells you about Osmun, but for what it means in reference to your own possibilities of maintaining athletic youth



cap to breathing and a man's lungs must be strong to withstand the punishment.

Osmun has never been sick a day in his life. He has never tasted intoxicating liquors and while he uses tobacco, he does not inhale the smoke. He is as careful with his food as a college athlete, and while not stinting himself as to variety, believes that correct and regular feeding is far more important than restrictions as what, or what not, to eat. He is out of bed at six o'clock every morning of his life, and is rarely up later than ten o'clock.

"Regulate your habits and your system will regulate itself," he says. "At fifty-three I can do all the things—and do them just as well—as I could when I was a young man of twenty or thirty. During the summer months I spend as much of my time as possible at a lake near Detroit. Rarely there passes a holiday but what I row twenty miles—going around and around the

For Equalizing Your Circulation

Have You Ptosis?—What Is It? Dr. Crampton's Exercises for Overcoming It May Solve Some of Your Health Problems

By Ethelyn Middleton

THERE is a new medical term now in vogue, "ptosis." Pronounce it as if the "p" were not there, but don't forget the "p," according to a young Greek friend. In other words breathe the "p" just as the French aspirate the "h" before the vowel, and you have it. I do not mean that you have "ptosis," but you have the pronunciation of the Greek word, which means "falling." All of which sounds as if this were the introduction to a subject of much levity, but which as a matter of fact, has a direct bearing on one of our most serious health problems.

According to a conversational group of women of which the writer was a part, almost every one seems to be conscious of some sort of ptosis. One woman very frivolously remarked that she was suffering from "facial ptosis" and was on her way to a beauty doctor. Another said she had "ptosis of the pocket book." This particular ailment elicited even more sympathy and mutual understanding than the others, but none of us could offer a

1. It is highly improbable that any young woman who habitually maintained the posture shown at the right, would ever indicate any sign of ptosis.



2. The position at the left is conducive to all kinds of ptosis, resulting in a downward displacement of the bones, a sagging of the internal organs, and a weakening of the muscles.



Exercises 3 and 4, above and at the left, were designed by Dr. Crampton to overcome skeletal ptosis. Exercise 3 has been named Air Push, the arms being stiffened and the horizontally held hands pushing down the air. Involuntarily the chest lifts itself up and the abdominal muscles contract. Figure 4 illustrates the Sky Lift, executed by pushing up the air as high as you can with the left hand, with the right hand placed under the left, pushing a little harder. Think of yourself as resisting the force of gravity while performing this exercise.

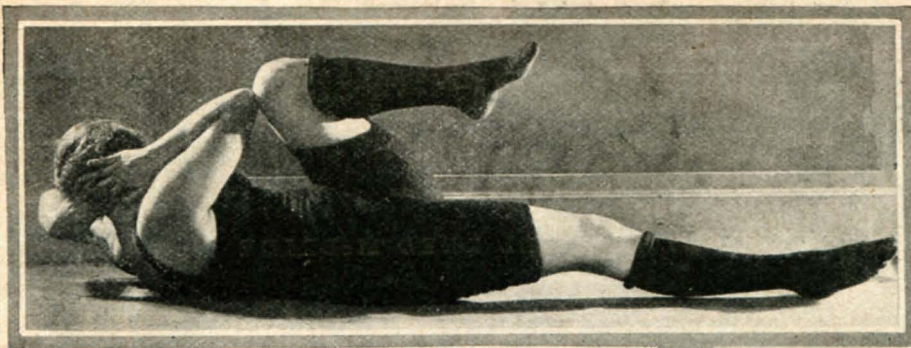
panacea that would take care of it. Another very seriously said she was suffering from blood ptosis and was taking a course of remedial exercises, the principle of which seemed to be standing on her head.

Accordingly, the big interrogation point forming in my mind as a result of this discussion took me to Dr. C. Ward Crampton, the first physician fully to define, to record, to remedy ptosis in its relation to health. Dr. Crampton, formerly Director of the Department of

Physical Education of the New York Public Schools, is specializing in constructive medicine, in making men whole, and it is from several interviews with him, and from his clinical reports, that the information and the exercises in this article have been gained.

From Dr. Crampton's viewpoint there are four kinds of ptosis; skeletal, the most obvious kind, which we recognize in stooping shoulders; visceral, the





5. In the figure at the left, the left knee is brought up to the right elbow, in the manner shown in the photograph, and vice versa. Below, the right elbow is brought down to the left knee, and vice versa. These exercises, at the one illustrated in Figure 7, called Toe-Touching, are intended to strengthen the abdominal muscles and tissues which support the internal organs.

organic kind; blood ptosis, the vital kind, and emotional, the depressed, or "morning-after" ptosis. When asked to define the causes of ptosis, Dr. Crampton tersely replied, "Civilization," or to put it more generally, "The difficulties in overcoming the forces of gravity when the four-legged animal rose on two feet and became man."

Man originally walked on four supports, his legs and his two present arms, with his internal organs hanging from his spinal column. In becoming a two-legged animal the old-fashioned organism had to adapt itself to the new posture and, in so doing, man has made such a bad job of it that health, comfort and longevity are all unnecessarily curtailed.

Other "civilized" habits that have been responsible for ptosis are poisonous foods, such as too much meat and subsequent rotting in the colon, lack of sleep and pure air, poison-
o u s



8. The position at the left, taken a number of times a day is very effective in correcting abdominal ptosis. It is apparent that the internal organs are thrown in the opposite direction from that of the slump incidental to the prolapsus of those organs. Also it accomplishes the draining of the great splanchnic vein ordinarily congested in cases of ptosis.

combined. And this is not difficult to understand. If we have bone ptosis, our internal organs naturally follow suit and sag. Blood ptosis is a little more complicated, but a little farther on we shall show how closely that is tied up with the weakening of the lower organs. And if our physical organism is suffering from ptosis, certainly we are going to record mental or emotional ptosis, that is depression or a general feeling of the world going against us.

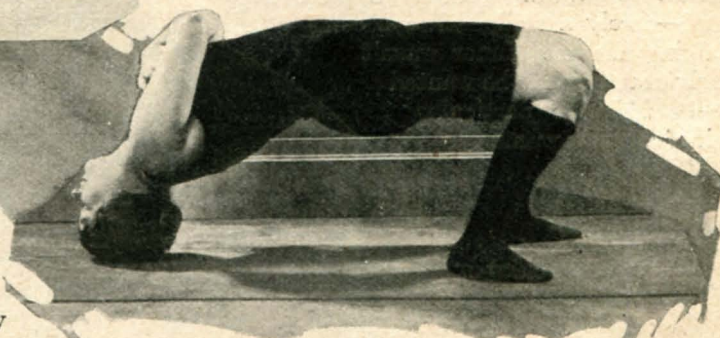
How many times have we told our children to "stand up straight, and throw back the shoulders!"

How many times have we, ourselves, been admonished to throw our shoulders back. Our intentions were good, (Continued on page 137)



drinks, and insufficient exercise. How to decrease, or to overcome ptosis is the reversal of these habits. We must counteract the folly of wrong eating and living conditions; we must exercise not only generally but specifically to overcome the ill effects of our personal and inherited bad posture as well as the strain put on our circulatory system in resisting the force of gravity when man arose from his four feet and walked more or less uprightly on two.

In most cases several kinds of ptosis seem to be com-



9. If you can do the Bridge without strain, and in correct form as shown above, you may be assured that you have nothing to worry about in connection with ptosis.

I "Grouched" Myself into a Divorce

By One Who was a D. F.

CARTOON DECORATIONS BY HUBBELL REED McBRIDE

NOT many days ago I stood beside an open window in a court of justice in a western city. I was the plaintiff in a divorce suit that was being heard although, strange as it may seem, no one in the room was aware of my identity. Like most men who get themselves into such difficulties, I had permitted my wife to get the decree on her cross-bill.

"It's better," I had told my attorney. "No one pays any attention to what a man does, but people ask questions when learning that a woman is divorced. Furthermore, I shall not appear." But I couldn't stay away.

The courtroom was crowded that day. Not that my own case had attracted particular attention, because it hadn't. A score of others were there on duty similar to mine and they were anxious to get waited on. Then, too, there was the presence of the usual scandal peddlers. No one paid any attention as I pushed myself inside the room. I shoved along, reaching the window and hearing only a woman's expostulations because I had obstructed her view of the witness for just an instant. My mother-in-law was on the stand.

My legal representative was sitting inside the railing and as I looked at him I was struck by the thought that he didn't appear to be especially interested in the fact that he was playing an important part in America's greatest tragedy of today: "The Breaking Up of the Home." That's a long title, but it says everything.

What was that my mother-in-law was saying?

I listened carefully.

Her tones were subdued. My wife, sitting beside her attorney, was crying, softly.

"Frank—that is, Mr. Carson was a born grouch," she testified. "I never could understand how my daughter could live under such mental conditions. Rarely a pleasant word—rarely a smile—always complaining because dinner wasn't ready exactly when he wanted it—because the particular pair of socks he wanted to

wear weren't mended—because—"

"I rather think that is beside the case," interrupted my attorney, in a dry tone.

"Your client isn't present," quickly came the retort from the other counsel. "The court asked this witness to tell her story—and she's doing it."

"Come, come, gentlemen," soothed the judge. "This isn't a contested suit."

"Very well, let her continue," acquiesced my attorney.

"Mr. Carson was simply chronically cross," my mother-in-law went on. "He is uncomfortable himself, and he makes every one around him uncomfortable. Every one dislikes him and dreads to see him come. If my daughter spent a dollar he thought unnecessary he howled so the entire neighborhood could hear."

The man on the bench smiled. A titter went around the room. I was the only one who didn't laugh. I felt mighty uncomfortable. My collar became tight. The judge was speaking:

"But these are generalities. We want specific facts—facts of cruelty."

As I have said, the case was not contested. There were related instances of vigorous displays of temper. One doesn't have to be a murderer or a thief to be divorced. My mother-in-law recalled instances of cruelty. I had been out late one night and I had used profanity at some length because my bare toe had connected, quite forcibly, with a hall tree. Other things were told, too—there was nothing that was especially derogatory to my character, but the sum and substance of it all was that I was a chronic grouch.

The decree was granted.

Less than five minutes were required to sever the matrimonial ties that had joined us through a dozen years.

I watched my former wife and her mother, their eyes downcast to avoid curious glances, as they left the room. The attorneys followed. I remained. The testimony of my former





mother-in-law that I was "a chronic grouch" hit me fairly amidships. The fact that I had no more family ties did not occur to me. We had been separated for some time and though I felt tremendously sorry for her I was glad to know it was all over with. It was odd, too—I felt sorry for her and I had been told, by my attorney, that she felt sorry for me. Anyway, I remained in the courtroom—this time to listen to the stories of others.

Stories they were, all sorts and sizes. Drunkenness, desertion, infidelity, brutality, I listened to them all. And, at the bottom of ninety per cent., was a single complaint—Grouchiness.

Grouchy husbands! Grouchy wives!

Cruelty covers a multitude of things. It finds its start in a grouch. It finds its finish, in a tremendous number of cases, in the divorce courts. It takes two to make a quarrel. The grouchy husband is not always wholly to blame for his mood. Maybe his wife isn't sufficiently interested to do things to attract his attention. She isn't interested in what he is talking about. Instead of meeting him with a smile when he comes home she meets him with a dirty kitchen sink and a kitchen table filled with dirty dishes.

I am divorced. My wife was a good woman. In the beginning I couldn't bear the thoughts of losing her. One day, while she was in a temper, she told me she would get rid of me. "What do you mean?" I asked. "What do I mean," she screamed. "I mean the divorce courts, that's what I mean." I was frightened. The thought of living my life apart from her was unbearable. She was absolutely in the wrong in the argument—if argument it was—but I went on my knees to her and begged her pardon for something I hadn't done.

This was really the beginning of it all. It wasn't long afterwards when we had another quarrel. It ended the way the other had ended. So they went on. After a while the divorce court threat failed to disturb me. I lost interest in that argument. I began to lose interest in my wife. With the loss in interest came increasing grouchiness. I don't doubt I was hard to live with. I don't mean to infer that she was to blame—yet, I don't believe I was entirely at fault. There are two sides to a story.



As I have said, I'm glad it's over. Nothing could force us together again. It simply couldn't be done, that's all. We couldn't agree. There would be a shadow over us, always, and it is better that we forget. We are both young. We have our lives still to live—and we should seek happiness where we will.

I wonder, sometimes, if people feel towards me as I once felt towards divorced persons.

"There must be something wrong with him—he's divorced," I used to think.

"Is there something wrong with me?"

I asked myself the question. I didn't feel differently. Life went on, as usual. Only in fiction does a man, or woman, go to the dogs after a court separation. Not in very many cases, do I believe, is there any remaining love—if there were real efforts would be made from that side before the coming of the break.

But I wasn't satisfied. I went to a physician. I told him of myself—I didn't spare myself, either.

"So you were 'an eternal grouch,'" he smiled.

I was startled. That was one of my former wife's favorite expressions.

"What made you say that?" I asked.

"Nothing, excepting that it's quite a popular ailment," he answered. "We doctors get lots of them. Sometimes we get them in time—sometimes too late, as in your case."

"You mean, then, that you could restore the old love for my wife?" I questioned.

"Not at all," he parried. "I think that has gone. But I do mean that, had you and your wife come to me in the beginning that something could have been done. The trouble with you two people was that you were so completely 'fed up' on yourselves that you were, also, 'fed up' on the other side of the house. Your nerves, in both cases, were run down and about the only thing that would have done you any good would have been an absolute diet and a course of exercises. Your nerves would have been relieved of their tension and you would have lost your grouch and with it the everlasting desire to find fault.

"Just yesterday I gave another similar advice. I told this man some things I am telling you. I've heard it said that women can do more with men than men can do (Continued on page 122)



Pity the Old Maid

By Bernarr Macfadden

OLD maids! Walking human tragedies I would call them.

In some instances God-forsaken physical wrecks.

They are paying the penalties for their earthly sins, in most instances unknowingly committed.

They have broken physical laws and God's laws, and the stigma of their violation is branded upon their faces and bodies indisguisably.

Thin, at times bordering on emaciation, they bitterly denounce those who do not repress their buoyant spirits.

They are usually religious, though their creed is often of the "dry rot" sort. Much hypocrisy frequently mars their personality. Prurient prudery often rules them.

When they hear of a marriage in their community, they snicker and turn up their noses.

And when some man or some woman is indiscreet, their tongues have scorching powers like that of a red hot iron that sears to the bone. They see sex in all its lowest, vilest interpretations.

And their tongues can lash with the stinging force of the cattle whip.

They are not entirely to blame. They are creatures of their environments. They are the products of dried-up, fossilized associations. They have grown up with prurient prudery contaminating them on all sides.

They have been denied the privileges, the divine maternal responsibilities for which the soul of every woman craves.

Every old maid was at one time a young girl.

She had dreams of a home and motherhood and a sweetheart for a husband. But SOCIETY denied her these privileges. She was left out of the race. The men did not appreciate her.

And finally she was put on the shelf—an old maid.

But if she could have realized the truth—that she was to blame—that she could have prevented the drying-up process—

could have remained alive, vigorous, vital, comely—would she have knowingly joined the old maid class?

Old maids are physically starved as well as sex starved. They have come to a neuter gender status because, to a large extent, they are physically dead.

They are walking automatons, so far as concerns the instinctive appeals of femininity.

They have fallen to this state because they have neglected the physical laws.

They have allowed their bodies to dry up. They have fossilized their sex natures, and in consequence they are suffering penalties that God has meted out to them.

"Multiply and replenish the earth" is a divine command. It is a command that is in full accord with feminine instincts.

Old maids are unnatural. They are often inhuman. The opportunities of life have gone by them.

To begin with, there is no excuse for old maids. A woman may be old in years but young in feeling if she properly maintains her physical personality.

I have seen dried-up old maids blossom out into young girls, recapturing the appearance and spirit of youth.

I have seen them "fatten-up," adding twenty to thirty pounds of good solid tissue. I have seen their eyes brighten, their lips redden, as the potency of physical rejuvenation stirred their deadened tissues.

The laws of physical life demand the elimination of the old maids. A woman may be old in years but should be young in spirits, fresh and alive in appearance, so full of health and of the joy of living as to make her realize that life is a long ways from being "done."

The spirit of youth, no matter how old you may be, will kill the old maid within you as dead as a door nail.

And every old maid can be young if she has the determination and intelligence to follow the rules essential to the retention of a glowing physical personality.

Mending Locomotor Ataxia with Milk

By Edwin F. Bowers, M. D.

THERE are certain times when old Mother Nature takes on a decidedly wicked stepmother aspect, and when she scourges without mercy the luckless stepchild who has violated her immutable laws.

One of these times is when she visits upon some hapless individual the curse of locomotor ataxia.

Ataxia is one of the most terrible disorders that one can possibly select as a death warrant, for in its insidious beginnings, and in its steady, stealthy progress, it is almost as implacable as Fate itself.

Just a lack of feeling—a “woodenness” of the soles of the feet, at first. Then a crawling sensation up the calves of the legs, as though a regiment of ants were using these surfaces for a parade ground. Shooting pains, — the famous, or infamous “lightning pains”—boring and darting through the thighs.

The “partella reflex”—the quick upward jerk of a foot when the free swinging leg is struck smartly just below the knee cap, abolished. A horrible discomfort, as though a girdle were bound tightly around the waist and pulled with a demon's strength to the limit of physical endurance.

Choking and constriction of the throat, and diminished sensibility.

When the disease is well established the attempt to stand with the eyes closed and the feet together is followed by an incoordinate swaying backward and forward—the “Romberg sway”—or sometimes even a pitching forward on the face.

The feet are thrown forward and upward in that peculiar jerk that, to the trained eye, proclaims the ataxic, as far off as he can be seen.

To “walk a chalk line” is as impossible as to walk up the side of a house. Finally, the destruction of tissue, starting in the nerve cells of the posterior part of the spinal column, becomes so great that function is cut off in one organ after another.

Confined to his bed, unable to control the action of bladder or bowels, often unable to swallow without imminent danger of choking, suffering constantly from mental depression that borders on acute melancholia, the poor wretch lingers—sometimes for cruel, merciless years, until death, from some complication or from some intercurrent disease, ends his misery.

Ataxia is not an imaginary disease. It is not a dis-

ease, the diagnosis of which is obscure and difficult. Any medical man, with a half an eye, can detect its symptoms without fail in any well-advanced case. Also, he can, with equal ease, prognosticate its outcome.

Gould and Pyle's Encyclopedia of Medicine and Surgery, in speaking of ataxia, says: “Once established, recovery is out of question.” This is the opinion of most medical men—although I have seen a number of cases in

which the disease has been arrested, and function restored.

Yet, it may be quite possible that there exists a means of relief for ataxia, hitherto overlooked by the regular school of medicine.

This treatment is so simple that the mere mention of it must be sufficient to provoke raucous laughter in any reputable medical society meeting.

It is quite as absurd as was Harvey's demonstration of the cir-

culatation of the blood; or Columbus' crazy dream of a northwest passage to India.

And yet it works. That is, it worked in at least one case which I have had an opportunity to study. Also in many others, with the details of which I am familiar.

The beauty of it all is that the treatment cannot possibly do any harm, even if it does no good. It is inexpensive. And it can be carried out almost as well by the patient himself, as it can under the most rigid hospital or sanitarium supervision.

The main part of this treatment is milk—pure, sweet, whole milk. Not filled milk, or milk substitutes of any kind. For these milks are dead from the neck up, and down; and as devoid of vitamins and organic life-giving principles as a frog is of feathers.

Honest-to-God whole milk is the kind that cures—just as it comes from healthy cows—without bedeviling of any kind.

It is this milk—developed in Nature's own laboratory—and generously endowed with mineral salts, nourishing casein, rich fats and those mysterious vitamine principles that we now know have such a marvelous effect on metabolism, that really “does the trick.”

Four to six or seven quarts a day, with a few oranges eaten between times, to provide the system with laxative fruit juices, and additional mineral salts and vitamins, and the most hopeless cases frequently take on an entirely different aspect.

This treatment is given after (Continued on page 110)

How Efficacious Are Natural Methods?

BOTH the medical profession and the public are gradually learning that natural methods, which assist the self-curative powers of the body, are more potent than drugs and serums. So many instances of extraordinary cures in ordinary complaints have been reported and published, that particular value now attaches to evidence going to show the effectiveness of natural methods in incurable cases. If there is anything in the world incurable, locomotor ataxia is it, and every doctor will tell you so. Therefore, to accomplish distinctive curative results in a case of this kind, must be regarded as overwhelming evidence of the value and effectiveness of drugless treatment. If these methods will accomplish such results as are related in this story in a case of this kind, why neglect them in other less serious disorders?—The Editor.

Confessions of a Dancer

By Bobbie Tremaine

CHAPTER XIX

I **THOUGHT** to have known that Djen would want to be rid of Henri as quickly as possible, but in truth I had not thought of it. And perhaps he would not have been moved to it so soon but for this rumor of which he spoke. At the time I believed there was no such rumor, but that Djen had invented it in order to be rid of Henri. Later I learned that there really was a rumor to that effect, and that it had been set afloat by agents of Golgo.

I was so taken aback by Djen's suggestion that Henri should be sent out of the country that I almost lost my self-control; and I am sure that if the light in the vault had not been so dim, Djen would have noticed my perturbation.

"You do not speak, oh, Asya!" he said.

"I must take counsel with myself," I contrived to answer. "Henri has served us well and we must beware of hasty action."

With that Djen had to be content. On the way back to the palace I had time to collect my thoughts. I was

unable to come to any conclusion without first consulting with Henri; and as an interview with Henri was out of the question while Djen was present, the first thing I did on reaching the palace was to insure his absence.

I acted as if I had dismissed the thought of Henri in the more important business of the coming dance, and talked with Djen about that. I discovered that he would be busy at the Temple all the morning, and then dismissed him.

No sooner was he gone, however, than I called my faithful Ilya to me and sent the other girls out of the room. "Ilya," I said to her, "it is most important that I see the stranger, Henri. But for reasons I may not confide to you, I must see him secretly. Can you find him and bring him to me without anyone's knowing it?"

The sweet girl never questioned my motive, even in her true heart, I am sure. "It will be most easy, oh Asya!" she answered brightly, glad to serve me in any way. "I know where he is generally to be found, and I can admit him by Asya's own private staircase. The only thing that troubles me is how to communicate with him."

I had not yet discovered that I had a private staircase, but I was glad to know it. As for communicating with him, it was an easy matter. I taught Ilya to say, "Follow me," making her repeat it over until she could

utter the words distinctly. I think she looked upon the strange words as a sort of charm that would open his mind to my wish. I knew I could trust to Henri's quick wit to understand.

Of course he understood; and within a half hour he was ushered into a little chamber off my main room. I dared not send Ilya away lest doing so should awaken some doubt in her mind; so when she made a movement to retire, I bade her remain and guard the doorway.

"Be prudent, Henri!" I said in a haughty tone. "I had to see you to tell you that it is intended to send you away."

"I had suspected as much," he answered, having already respectfully prostrated himself.

"The high priest says there is a rumor that you and I are of the same race and that you remain to be near me; and therefore it will be wise to have you sent away."

"I know that for some reason the people have eyed me curiously this morning; in a way different from heretofore," he said.

"What shall we do?" I asked anxiously.

"There is but one thing to do and that is escape at once. I have been preparing for this, and now we must lose no time. My dearest, it is a terrible risk, but I see no other way."

"Nor do I. As for the risk, it is nothing, taken with you. I can endure this no longer. What is your plan?"

"As commander of the city guard I have selected the two swiftest horses from your stables. If only we can get a sufficient start we may win to where I have my airplane hidden. Once there we are safe from any pursuit."

"Yes, yes," I cried eagerly.

"Can you ride astride?" he asked.

"I have ridden all my life, and always astride."

"Good! I will provide an officer's casque and clothes, also sufficient food. We should easily get out of the city at night. Once outside the walls, we shall have to ride swiftly."

"What night?" I demanded.

"Would to-night be too soon?" he asked, his face very serious.

I thought quickly. "No; as well to-night as later. I am to dance in the Temple amphitheatre at noon today. After that I will tell Djen that tomorrow you are to be sent away. Tonight, at such time as you say I will meet you at the foot of my staircase."

"I shall be ready. Retire early and as soon as your

The Beginning of This Story

THIS story is chiefly concerned with a series of episodes experienced by Bobbie Tremaine during and following a trip to Paris in the summer of 1920, accompanied by her mother and somewhat under the friendly protection of Henri Prevost, a former ace in the French aviation service. In Paris our heroine is abducted by two Hindoo gentlemen who have rescued her from a gang of Apaches. Because of certain original dances they have regarded her as a Hindoo goddess, and, taking her to a remote section of India, she is acclaimed the "Lady of the Sun." Henri Prevost, tracing her in his airplane in the hope of rescuing her, participates in some local warfare, thus earning the gratitude of Djen, the Hindoo priest. However, because the public had noted the racial similarity of Prevost and the Lady of the Sun, their growing scepticism makes it imperative to Djen that Henri should be sent out of the country at once.

attendants are asleep creep softly out. Try to arrange to be undisturbed during the night so that your flight will not be discovered too soon. Don't be alarmed if I have some soldiers with me, for I shall make the excuse of examining the defenses and will have you explain to the men when once we are on the outside that we will go on alone."

"I shall be afraid of nothing when I am with you," I assured him.

"You are the bravest girl that ever lived," he said. "Couldn't you get rid of Ilya for a few moments so that I may tell you a secret?"

I knew what his secret was, and I longed to have him tell it to me in his own sweet fashion. "Ilya," I said, turning to her, "go get me a goblet of wine for this brave soldier. He is going to risk his life for me, and I wish him to drink of our best."

"You shall be obeyed, oh Asya!" she responded in her blithe way.

"And tell the other slaves," I added, "that I am not to be disturbed. Do not be long."

The curtains dropped behind her. I drew them aside to see that she went as bidden, though it was like an insult to that faithful girl to doubt her for a moment. The next instant I was in Henri's arms and he was telling me his precious secret.

"How I love you, my Bobbie!" he murmured between his fervent kisses. "I am risking your sweet life, but when yours goes out, mine shall go with it."

"We shall live to reach home," I said, and laughingly added, "It is the wonderful Asya who foretells it."

"A wonderful Asya, indeed," he whispered; "but a still more wonderful Bobbie. Ah, to be free once more!"

I gently pushed him away. "To-night we shall be free," I said.

When Ilya returned with the wine, he was at a respectful distance from me. He prostrated himself before and after drinking the wine. He told me afterward that he was never happier than when doing homage to me. Oh, he was a wonderful lover!

After that, radiantly happy, even if a bit frightened at the adventure before me, I had my girls prepare me for the dance, which in spite of everything, I looked forward to with delight. My girls had never seen me so exuberant of spirits, and were correspondingly happy.

My one regret was leaving them behind. Excepting my mother, no one had ever given me such affectionate

service; and I tried that morning to show something of my love for them.

Djen came for me at an early hour, for which I was glad. At his suggestion I dismissed my girls and bade them be at the Temple to wait on me, saying I would go by a way of my own. I know they thought I meant to transport myself and Djen by some magical means.

When they were gone I turned to Djen. "I have considered the matter of the stranger, Henri," I said; "and I find you are right—he must go back to his own country."

"Oh, Asya!" he cried joyously, "your wisdom is great. We will load him with gifts which will be of fabulous value in his own country."

"If he takes our greatest treasure," I said with a meaning he did not see, "it will be no more than he deserves. Better than you I know that but for him I should now be only a dishonored body of flesh. But keep him in ignorance of what is to happen to him, or he will make it difficult."

"He shall know nothing. Within a few days I will have made arrangements for his departure."

"Nay, oh Djen!" I said solemnly; "tomorrow at the moment when the giver of life and light is at his highest in the heavens, the stranger must find himself outside the walls of the city. At that hour, my wisdom tells me he will be powerless to return unless he chooses to risk his life in the attempt."

"Asya's wisdom is great! her will is our law," he answered; and was so satisfied that I had delivered myself of a divine oracle that he immediately prostrated himself. How foolish even the wisest can be under the influence of a superstition!

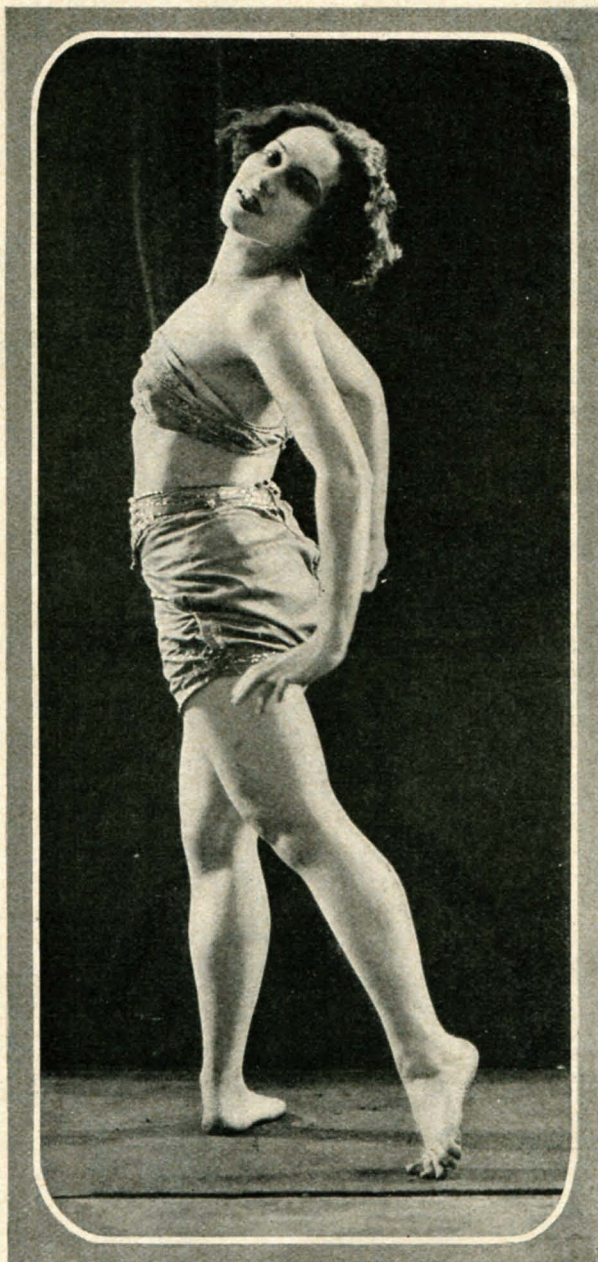
"But be careful, oh Djen!" I admonished him, "that not a word of our plan escapes you. Not a thing must be done until the giver of life

and light sheds his warming beams over the earth. And I must not be disturbed in my seclusion until he is outside the walls."

"As Asya wills, so shall it be," he responded.

"And you, yourself," I added as an afterthought came to me, "will tell my slaves that until the giver of life and light has reached his highest, I must be allowed to remain in seclusion. I shall eat no food and drink no liquid until you have placed the stranger outside the walls. This is imperative."

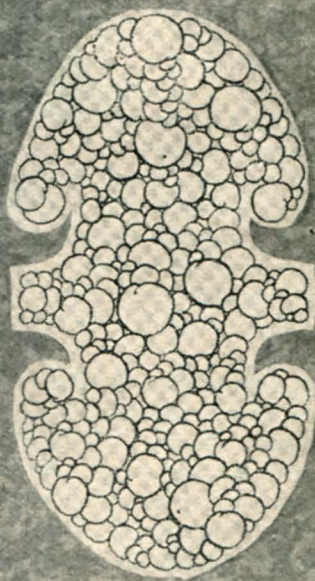
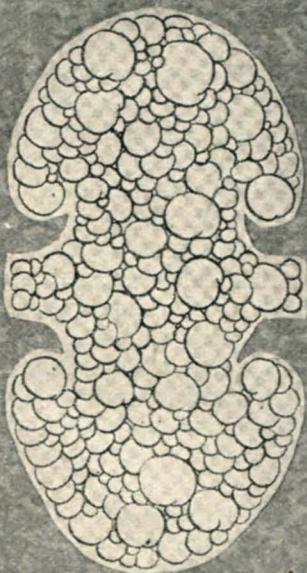
Djen was very much (Continued on page 129)

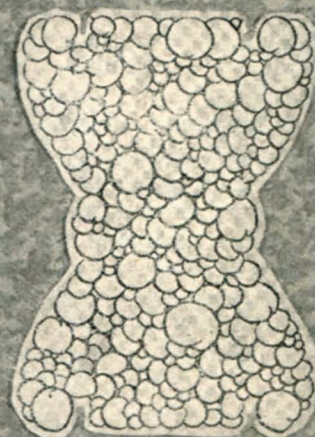
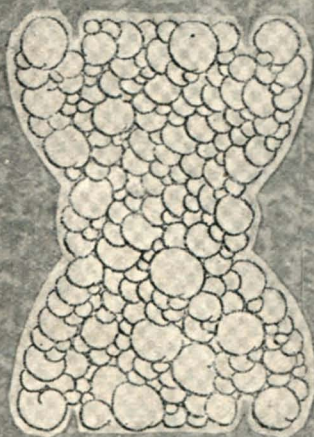
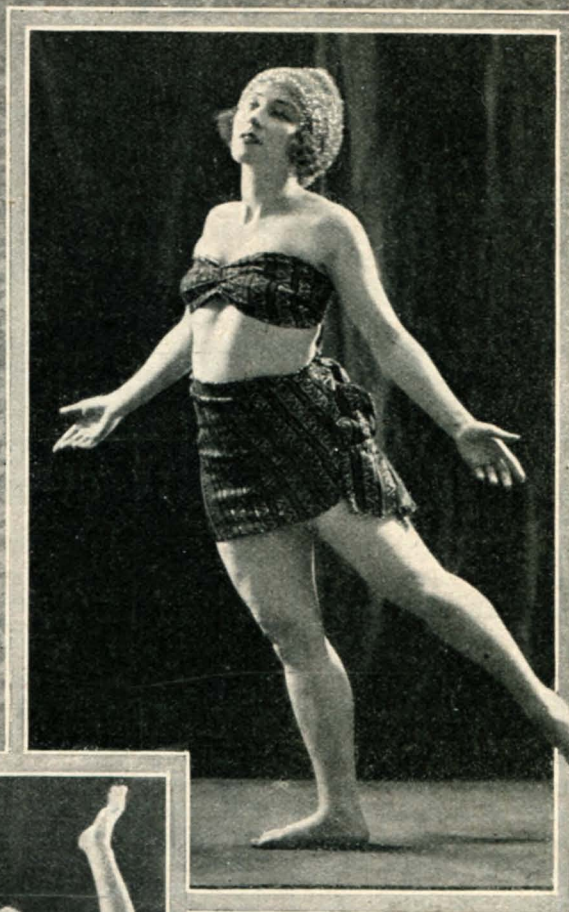


The Ideal Exercise For Women



DANCING is, in the Orient, a highly developed art, handed down through the centuries, and as such employs all parts of the body from the toes to the fingertips. It is therefore not only an artistic expression of beauty of movement, but it is in itself a complete system of physical culture for women, cultivating poise and coordination, developing the arms and trunk of the body and promoting spinal flexibility and organic health. The lesson is that it is especially to be desired that one should take her exercise in the form of dancing.





How I Get the Most Out of My Exercises

By L. E. Eubanks

IT is said that experience is the best of teachers. The following hints are based on twenty-two years' work in physical culture.

Most beginners, perhaps nine out of ten, overdo. Resolve to go easy, and secondly, determine always to incorporate the progressive element when it is practicable; make the work harder, or longer, or more difficult—advance, in some way. This is the great “secret” of physical strength and development by exercise.

I do not favor more than one exercise period a day for one set of muscles. Certainly, it is all right to take a walk, say in the morning, and some arm and chest work on retiring. When the exercise is heavy, like wrestling or weight-lifting, the every-other-day plan will suit most persons. On the days between it is well to take long walks, play tennis, swim or do something else that keeps you outdoors. Light exercise like calisthenics may be taken daily, preferably in the morning before the bath. The best time of day for heavy exercise is the late afternoon or at bedtime. It is unwise to lift or wrestle on first arising.

The duration of the exercise periods should be consistent with your purpose; if you are training for muscular endurance and “wind” you must use two-thirds or three-fourths of your power each time; but if for health merely, from fifteen to thirty minutes' work is sufficient. As Sandow said, it is not so much a matter of how much one exercises, but *how* he does it, that counts.

This brings us to the much discussed subject of mental concentration. If you are exercising for development primarily, intense concentration on the muscles is of great help. It is for this reason I advocate exercise before a mirror, so that the play of the muscles in action may engage the attention. Static contraction before a large mirror is a good developer, and so is posing after the classic models, because of the necessary collaboration of mind and muscle. But in cases where the mind is already tired from the day's work, much concentration is undesirable; a walk or some other exercise not calling for mental application would be better.

Do not do your extreme best on an exercise or feat more than two or three times a month. In your daily work always finish with a little reserve strength. On

trial days have a little warming up before a big test. It is dangerous to contract a muscle to its utmost when it is cold and stiff. Before any great exertion take three or four deep breaths; this oxygenates the blood and prevents strain of the heart. Never hold the breath during any exercise.

The practice of warming up is more important than some athletes realize. If you are “playing sub” on a football or baseball team, do not sit shivering on the

bench, but ask some one to work a little with you on the sidelines, so as to be warm and supple if called.

My plan in making a strength test, such as a lift for instance, is to try a “form lift” twice, using about a third of my record poundage—to make sure my positions are correct, and to warm the muscles. I rest a few minutes, and then lift about one-half of what I think I can do. Another short rest, then I try three-quarters of my limit. Next, I do my best on the feat or stunt I am aiming at. Experience will tell you whether you do your best on the second, third or tenth trial; people differ considerably in this. But never do your best on the first attempt.

Avoid staleness. When you have no heart for your training, or when you seem to tire too easily, take three or four days' rest and avoid all thought of exercise. You will be the gainer by this; when you resume you will note decided improvement. Watch your weight; staleness is often accompanied by a loss. Having ascertained your correct weight, try to stay within a few pounds of it.

In wrestling, long distance running, and in similar activities, great vitality is required. Therefore do not deplete your vitality by overdoing and undereating. Heavy exercise requires reasonably heavy eating. If your digestion is not equal to abundant nourishment, then you are not yet in condition for really heavy exercise. It is certain that heavy training will weaken anyone who is unable, because of organic conditions, to eat consistently. Never force food, however. It means suicide. I have found it a good plan in my case to take a glass of warm milk after a strenuous workout. If your stomach rejects milk, use water instead. It will restore to the system the moisture lost in perspiration, and will greatly refresh you. I got this tip from Hackenschmidt years ago and have found it a (Continued on page 64)

What's Wrong with Your Exercise?

ON the face of it, physical training seems to be about the simplest and easiest thing that one can do. You put your muscles to work, moving and bending and stretching, and there you are. And yet there is more to it than that, for there are many considerations that affect results. How and when and how much, and knowing where to stop, are things that one must know. Physical culture must be done intelligently. Many questions are received as to details of conditioning and training, and many of these are answered in our “Questions from Health Seekers” Department. This article however, will answer a great many of these questions. It took the writer twenty-two years to learn the hints and helps that he is giving you here. All of these points may not suit you. But many of them will. You should study your own bodily make-up and find out how to get the most out of the time spent on your own system of keeping fit. Socrates, a homely but a wise old boy, himself a physical culturist, who lived in Athens some years ago, once said, “Know Thyself.”—The Editor.

Are You Bald Inside Or Out?

By Ralph Loiselle

CARTOONS BY BERT SALG

I HAVE recently joined one of the largest fraternal orders in the world. It has no dues, no password, no formal initiation. But once a member, always a member. A person joins for life. It is the ancient and honorable order of bald headed men.

It was back in Ohio that I took the first degree, at the barber shop of Michael O'Reilly—we called him Mike for short.

"Son," (he called us all that), "you're going to see your girl to-night so you'll want to look your best. Better let me give you a tonic." That was the beginning but not the end. The barber habit is worse than the craving for Old Crow. Once let one of these descendants of the Spanish Inquisitors get your name on his list and you are doomed. In six months my top knot was in a state of nervous prostration. It had been pulled, pounded, yanked, twisted, oiled, pomaded, massaged, drenched, boiled, singed, scorched, burned, clipped and shaved. No self-respecting head of hair could endure it. Mine simply gave up the ghost. Like the Arabs with their bedding it began to steal silently away. The faster it stole the more insistent the barbers became. My appearance within a block of the red, white and blue pole was the signal for a delegation of walking delegates of the barber's union to seize me and drag me away bodily to their den of torture. They not only

took my hair but most of my visible means of support.

Then one grand and glorious day I rebelled. Never again! I have not recovered my losses but I have refused to be separated from further spoils. Then I began to think about the matter. I saw dozens of my friends in the same situation as myself. I wondered why. What was causing our shiny domes, anyway? I wanted to know what good medical authorities would say about the

subject so I determined to ask half a dozen of the leading lights of the town who would not be waiting, barber fashion, to pour olive oil down my neck. Of course I rather expected that they would agree in their opinions.

Said the first, "Very simple; baldness is a situation caused by wearing tight hats; men in olden days went bareheaded; the rim of the modern hat or cap chokes off the blood circulation and the hair dies from lack of nourishment. Five dollars, please."

Said the second, "It results from a lack of oil in the hair. The hair roots rebel when they fail to receive their normal supply of fat. Didn't you ever notice how many more thin men are bald than fat ones? The corpulent individual has more fat distributed all through his body; hair, like Irish martyrs, can go on hunger strikes for only limited periods. Why don't you try vaseline?"

The third suggested, "It is one of the results of the strenuous life of to-day. Men worry too much. Business men in the cities are far more prone to baldness than farmers simply because they worry more. If they would be serene, calm, happy, their hair would always look like the after part of a 'Before and After' advertisement." To add to my calmness and serenity he doubled his predecessors' bills.

The last person I visited was far more satisfying. He gave me a diagnosis, a lecture, and a philosophy of life all in one. I am going to pass his words on in the hope that others may be encouraged as I was.

"What causes baldness? Why don't you ask me why the birds sing in the spring, tra-la? It just seems to happen, that's all. Do you suppose if it could be prevented by any widely advertised cure—all that half the millionaires in the country would be parading hairless top-knots? Men of your age are of two classes; those who spend their time la-

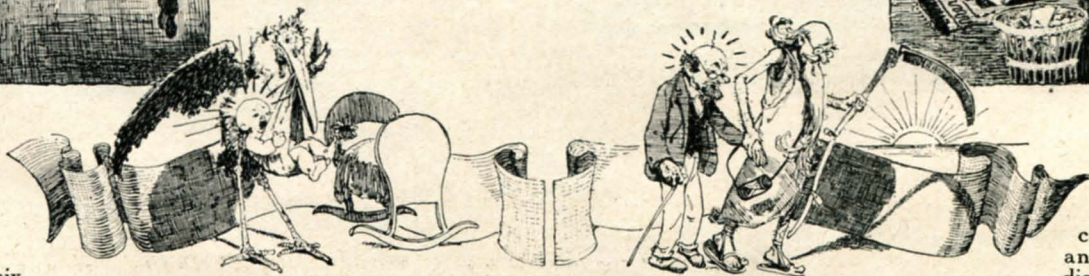
(Continued on page 113)



"Better let me give you a tonic." That was the beginning but not the end. In six months my hair gave up the ghost.



"The modern hat chokes off the blood circulation and the hair dies from lack of nourishment. Five dollars, please."



The two most pronounced examples of lack of top knots are the babies just from heaven and the old men about to go there (presumably).

The ATHLETIC BABY



"The Gymnast."
William F. Beuscher,
New York City,
at eighteen months.

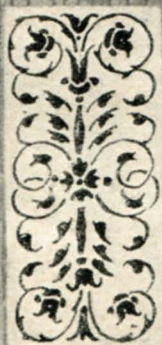


"The Ball-
Player."
Herbert C.
Mauch, one
year, six
months.

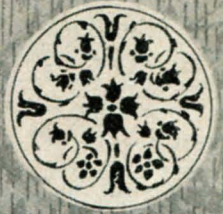
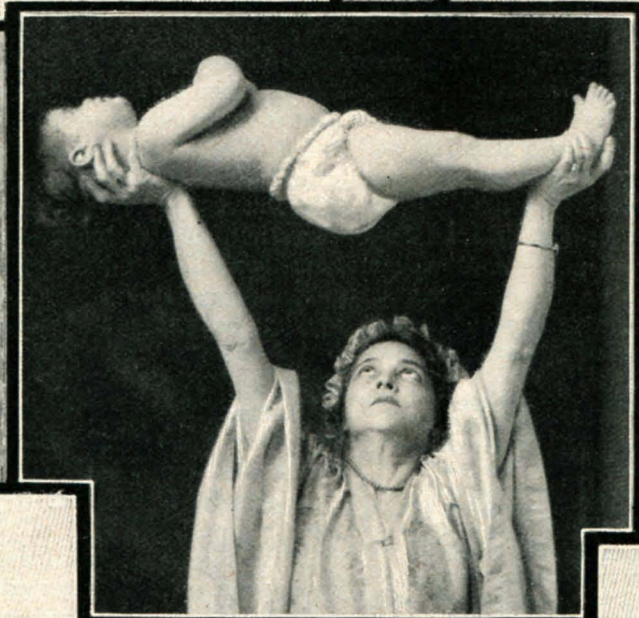
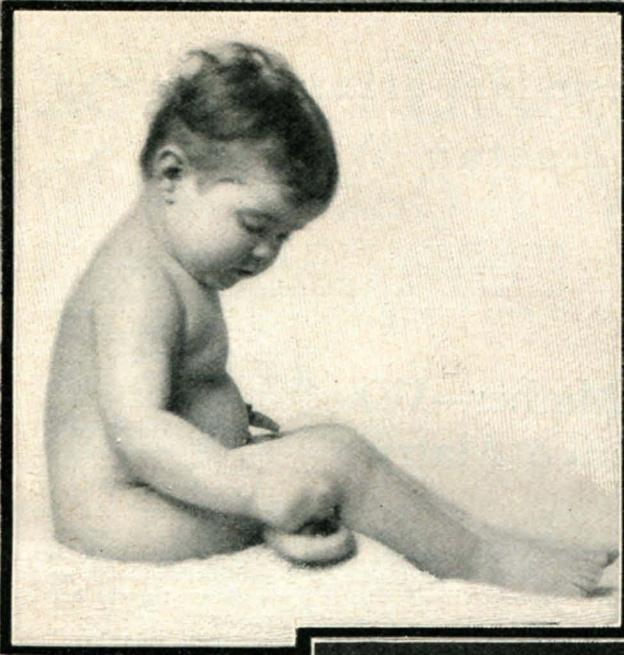
"The Sprint-
er," "Teddy"
Scharf, New
York City.
He's a girl;
eighteen
months.



"The Swimmer."
Joan Rutherford, Victoria, Australia



"The Golfer."
Cairns Hooper, Knights Land-
ing, Yolo County, California.



AND here is
Rowine
Williams, at
eighteen months,
representing PHY-
SICAL CULTURE'S
editorial family,
being part of the
incalculable wealth
of your humble
editor, Carl Easton
Williams.



What Would You Do in This Case?

A Personal Problem Department
Conducted by Carl Easton Williams

ARE you one of the eugenics schemers?
Has it been one of your dreams that you would like to start a fund to encourage parenthood among those best fitted to be parents?

Since you have figured it all out for yourself that eugenics or race improvement is entirely a matter of the birth rate, in relation to the kind of people who contribute to it—which, you hold, says all that there is to say about race improvement—have you decided, accordingly, that the way to improve the human race is to become a millionaire so that you can supply money to those who ought to have children, but who deny themselves that blessing because they cannot afford it?

We have met this idea of the endowment of motherhood in so many places, that we wonder if it is not an idea that is original with hundreds of the people who are interested in that practice of voluntary parenthood or voluntary restraint of parenthood that would mean race improvement.

The following letter is, we think, typical of the viewpoint of many who have thought about the subject. It is from a young woman of ideas and ideals.

For the past eight years Nature has made it manifest to me that I want to be married, to be mated, but Society has forced a condition of affairs upon me that prevents me from leaving my home. To speak plainly, ours is a co-operative family, one that has grown up comfortably, but as the family started out without capital, and as we were rather indulgent—as far as our means would permit—to ourselves, to-day it is out of the question for me to take away from the household my contribution to its upkeep without depriving my mother and father of things they have gotten to look upon as necessities. All told, this contribution doesn't exceed the small sum of nine hundred to eleven hundred dollars in the year, but were I to leave home, the gas, telephone, electric light and mortgage bills, and the maintenance of a younger sister (including large dentist bills for her) would not, in fact, could not be met by our family treasury unless the house were sold. And as there is nothing selfish about my parents, I can't present my problem to them, as they never could understand.

Now, for the sake of a thousand dollars a year, I must remain unmarried, with a heart that longs for children, and a fund of worth-while qualities that I could transmit to posterity going to waste (in a sense), although as I influence pretty much the small circle in which I move, perhaps not all is wasted.

So, after considerable thought, and observation of others, I am wondering why with the wealth of this Nation a fund couldn't be gotten together to finance persons like me. I don't mean for it to be a government managed proposition, but something worked out on this idea:—

Upon application to a proposed "Eugenic Development Society," persons who could furnish substantial evidence as to their diligence, ambition, good inheritance and physical fitness, could be advanced a certain sum each year so as to release them for motherhood, an investigation to be made from time to time by the authorities in charge, it being understood that families so financed will return the amount loaned to the fund later on when they are able to.

Now perhaps this sounds Utopian and visionary, but if one-half of the money that is spent in research work for the betterment of the race, were given out as I have sug-

gested, the people who are healthful being enabled to propagate good stock, misfits and cripples would not be so numerous. And the chances are ten to one that money so given among industrious, educated persons, would eventually be returned to the fund, possibly not for a period of ten years, but even so, it would be possible to collect interest on it anyhow, and even if that failed, there ought to be sufficient "interest" and "returns" in the

sight of a sturdy generation growing up in America.

Doubtless, persons whose life work is along these lines could work out the idea and modify it so that it need not be so visionary, but it is what I have thought, and I thought you might find it interesting.

"A PRACTICAL VISIONARY."

Our correspondent has ventured the thought that perhaps her suggestion sounds visionary. We believe that it is extremely visionary—for the reason that anything that could be accomplished along these lines would be of so limited a nature, and must necessarily affect so few persons, that the effect in raising the level of the mass of the population would be almost completely negligible.

The suggestion is impractical in very much the same way as that pretty theory that if the money of the rich could be divided among the very poor, every one would have plenty, which is not true. It has been figured out, for instance, that if the salary of the ten thousand dollar executive were to be distributed among the manual workers in the factory under him, it would mean so little for each one, that it would probably not affect their general status at all. If one-half of the money spent in research work for the betterment of the race were given out as suggested, it would have practically no influence in lessening the number of the misfits and cripples, as she thinks, for the reason that the limited money now spent in that way would bring up very few children. The most practical disposition of this money is in the direction of research and educational work, to the end that public opinion may be developed along the lines of eugenics with the result of raising the level of the entire race. The educational work being done by PHYSICAL CULTURE in popularizing the truth about heredity and the principles of eugenics is in our opinion the most effective work that could be attempted along these lines.

There are practical difficulties, it would seem, in the way of determining who should judge of those who are worthy of parenthood to the extent of being supplied funds to make it possible for them to marry and raise a family. Again, how much money would be regarded as the proper sum to defray expenses, in view of the different standards of living regarded as decent and necessary by different individuals? Should the loans for parenthood be based upon the requirements of the thirty dollar a week individual? Or according to the presumed needs of those living on a ten thousand dollar a year scale? We doubt if these practical details could be very easily worked out. (Continued on page 86)

GETTING THIN TO MUSIC

Reducing Reduced to a Science

ARE you bulky of body, and heavy of heart? Would you really like to reduce? Will you accept without cost the proof that you can? Then read what this man has done! Not long ago, in Chicago, it was stated that the scientific secret of weight regulation had been discovered. Wallace, a leading physical director, had worked seventeen years to make the announcement. But it did not take long to prove it was true.

UNDER observation of the press, he took fifty persons, each at least 50 lbs. overweight. Pictures and weights were published daily. In exactly forty days, every member of the class was down to normal weight and measurements! Nothing so crude as starving was employed; the method lets one eat. In fact, Wallace's success in reducing is due to his discovering that food does not cause fat. When you stop and think, some of the most humorously fat folks eat less than a child. Wallace simply found a way to prevent the system from turning too much of what *is* eaten, into fat. His course gives you things to do—to music—which makes your system use every bit of nourishment for blood, bone and sinew. Nothing is left from which to make fat. Getting thin to music is simple enough, but results are fairly astounding.

THIS interesting course has reduced thousands of women living in all parts of the U. S. Most of them had tried other means of losing weight without success. A typical example is Mrs. Grace Horchler, who resides at 4625 Indiana Ave., Chicago. She weighed 242 lbs. and in four months reduced to 168 lbs. This loss of seventy-four pounds was accomplished solely by Wallace's reduction records, sent her by mail. Because of the natural method of reducing, her body was left symmetric, firmly moulded. A hundred similar instances are on record, while the loss of fifteen, twenty or thirty pounds seems mere play; innumerable women have reported reductions of these amounts. Every mail brings new letters of appreciation.

GET thin to music, and Nature will make your bodily proportions normal, and keep them so. For this remarkable reduction course on phonograph records—set to music—brings instant and permanent results. As the



He makes them thin to music. A close-up of Wallace, a physical director now nationally known for his discovery of an unfailing, scientific method of reducing weight. It is done to music. His phonographic reduction records are sent everywhere.

knowledge of it grows, the number of women who carry a burden of excessive flesh will grow visibly less. Distance is no obstacle, for the lessons are sent everywhere. One's own phonograph is all the equipment needed. No incentive to keep at the course is required—it is all too novel and interesting to be a task. The course is full of surprises, and results come very quickly.

YOU may test this wonderful method of reducing without paying a penny. Wallace will reduce you five pounds *free*. He will do it in five days' time! You don't have to agree to take the course. You don't have to send any money. He will send postpaid, plainly wrapped, a full-sized regular reducing record and instructions. All he asks is to try it. For your own sake, don't doubt what he can do—for his method has proved unfailing. Women of every weight, height, and age have been rid of their fat as if by magic.

How can anybody who really wishes to get thin decline such an offer of proof! Clip or tear off the coupon below; fill it in now; mail it today.

WALLACE, 178 Jackson Blvd., Chicago: Please send record for first reducing lesson, free and prepaid. I will either enroll or return your record at the end of five-day trial. (52)

(Miss or Mrs.) _____

(Address) _____

Yawning Your Way to Health

(Continued from page 37)

much enjoyed; and that a body might profitably be a connoisseur of the gentle art of yawning. But let us approach this subject with less heat and with more of the cold scientific spirit. What, essentially, is a yawn? A yawn—

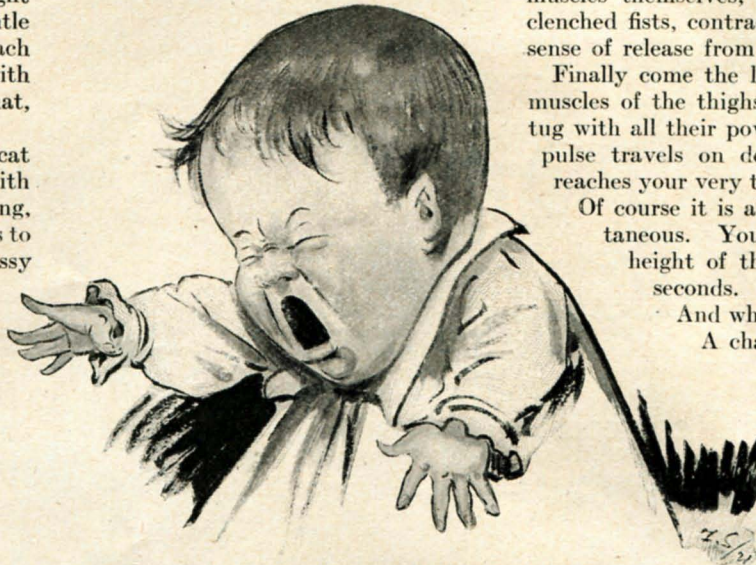
But by the way, did you ever see a cat or a dog wake up from a sound sleep with the sort of a yawn I have been describing, the yawn that extends itself by degrees to the very tips of their four paws? Pussy does it particularly well; she has a gift for the graceful things in life, and if you would learn how to do it, watch her. I forbear to speculate on how prevalent this practice may be among animals. I wish I could bring forward the telling point that they yawned universally. Possibly they do; but I find the concept of a yawning horse disturbing, so let's keep our minds on pussy.

One interesting thing about the yawn, of course, is that it is catching. I maintain that this is highly significant. Yawn and the world yawns with you. We all know it. How strange then, is the convention which forbids one to yawn in polite society, and which commands that if a yawn be unavoidable (note the concession to nature) one must cover one's mouth. Why I was taught that outrageous doctrine when I was in the second grade at school! To this day I can see in my mind's eye that estimable spinster who taught us, illustrating with her hand over her mouth in a fashion affectingly genteel.

I've done it that way ever since; and to think that all this time I might have been an apostle of the open-faced, above board, physical culture type of yawn. Surely it is far easier to yawn openly and unashamed than to walk with one's bare feet in the dewy grass at dawn, as is advocated by some for a panacea in all diseases of the soul and body; and I assert, too, that it is even more hygienic and uplifting to the spirit. I leave it to any enterprising reader of these reflections who may so desire, to establish a yawn cult whose members will yawn openly in the face of all the world, their shield a doughnut.

But to return to the cold scientific spirit. A yawn, you see, is like this. First you open your mouth wide; or, what amounts to the same thing, you see somebody else do it—whereupon your own jaws open as if you were an automaton.

Instantly you find yourself



—and yawn all over in the prescribed manner known to cats and children.

doing many things at once with very great vigor. The lazier your yawn and the greater the laziness that prompted it, the more vigorous the reaction—a paradox on which a whole philosophy might be written! In the first place the air is rushing into your lungs. You are taking a full, full, breath. The muscles whose job it is to spread your ribs and make that full breath possible pull and strain at your bones for all they are worth, and to their utmost capacity. As your ribs go out, so also do your shoulders go up, and your diaphragm down, down, down, till it can go no further.

Along with all this goes an intense straining and stretching of the muscles of the jaw and neck. This spreads with constantly growing power down the big muscles of the back. The arms shoot out straight and stiff, reaching upward generally, in order to give plenty of room for that full breath. The arm



Don't make yourself miserable taking a set of exercises that you hate.

muscles themselves, clear down to the clenched fists, contract with a luxurious sense of release from sluggish apathy.

Finally come the legs. The powerful muscles of the thighs begin to pull and tug with all their power; and so the impulse travels on down the leg till it reaches your very toe-nails.

Of course it is all practically simultaneous. You have reached the height of the process in a few seconds.

And what is the net result?

A change in the circulation so marked that you can hear the blood as it surges within the porches of your ears. The heart speeds up; the lungs become wholly active; the blood in

your splanchnic pool begins, as it were, to splash; and finally, that sluggishness of the blood within the brain itself, which is supposed to be the direct physiological cause of sleep, is ended. The blood moves on. Presto, the drowsiness is gone, squeezed right out of your head, apparently, by all that straining and stretching. Probably you would not have bothered to do all that housecleaning for yourself, so old Mother Nature turns to and does it for you. And if you would lend a hand, and help the game along, she would do it even better than she does. That, of course, is the point,—that, and the fact that it is easy to do.

Elasticity throughout the organization of the body is the gauge of its youth. We are physically old in proportion as the elasticity and resilience of youth depart from us. Some persons lose this physical quality early in life; others, chiefly those who have lived right, retain it largely even when they are old in years.

Children, of course, have it to a degree that seems to the adult almost miraculous. Every bit of tissue in a child's body is rich with life; and one of the characteristic

results of this is the ease with which a child

wakes in the morning,

and the readiness with which

he will rise from his bed and

walk, and expect everyone else in the universe to do likewise. If you don't believe it, get married. He opens his eyes, and his small mouth, and yawns all over in the prescribed manner known to cats and children,—and there you are. The trick is done. But when we grown—

(Continued on page 58)

"MENS SANA IN CORPORE SANO"

Read the Remarkable Story of Fred Rohde, another Milo-built Man, who says, "My health and success I owe to Milo!"

PHYSICAL perfection and mental alertness—that perfect coordination between body and mind—was well typified in that motto of the ancients, "A sound mind in a healthy body." It wasn't just a motto to hang over their desks or on the walls of their offices, but an honest-to-goodness rule for every-day life. And they had both. Have you?

Have you the strong, well-developed, perfectly functioning body that Nature intended you should have? Do you feel fit for any emergency, or does your day's work leave you exhausted, with your physical energy depleted and your mind saturated with inertia? You're in a rut, man! Get out of it! Listen to the story of Fred Rohde:

Fred Rohde followed the sea from the days of his early boyhood, and one day his wanderings brought him into the harbor of Honolulu aboard the *S. S. Great Northern*. While on shore leave he came across a copy of *PHYSICAL CULTURE* in the reading room of the Y. M. C. A. One page of it in particular attracted his attention—the ad of the Milo Bar Bell Co. On this page was shown a picture of a Milo pupil, and Rohde determined to equal the magnificent development shown in the picture. He clipped the coupon—just such a coupon as is attached to this page—and soon started on the first chapter of a new life.

The regular and systematic use of his entire muscular system did wonders for him physically, as his picture shows. He soon became one of the mighty army of Milo-built men. So much for his physical development, but his mental development is even more interesting.

A Modern Miracle

Fred Rohde grew in mind as well as in body. His body was now strong enough to cope with all the hazards of a life at sea, but his intellect had grown too big for his job. He packed up his bar bells, and went ashore to live, expecting to be forced for a time to struggle along in a subordinate position. But not for very long. He soon found that the regular use of his muscular system had not only developed his body, but had also stimulated his mental processes as well. He came to realize the better gifts that were hidden in him, and began to study music. He is still a very young man, but is now a success in his chosen profession.

Perhaps you, too, are in a rut, and are only waiting for a mental awakening to go on to success. Whatever your ambition in life may be, a strong, healthy body will help you to obtain it.

Get Out of the Rut!

A sound mind in a healthy body, or a stupid brain in a sluggish body? It's up to you. Choose. You can have the strong, vigorous dependable body that will enable you to tackle your daily problems with pep and energy, and a wide awake brain that will be nourished and sustained by the flow of good, red, healthy, life-giving blood. Or you can have a feeble, under-nourished brain, housed in an anaemic body.

We do not guarantee to make you healthy, wealthy, and wise. But we do guarantee that if you practice our course of instruction for a half hour every other day, within three or four months you will have a strong, well developed body of which you can be justly proud. And you can bet your last dollar that when you are full of pep physically, there will be a corresponding increase in your mental powers.

We do not merely promise results, we guarantee them. If at any time within a period of three months after you enroll for our course of instructions, you are dissatisfied with the apparatus, the courses of instructions, or the results you have obtained, you are privileged to return them to us and your money will be refunded without question.

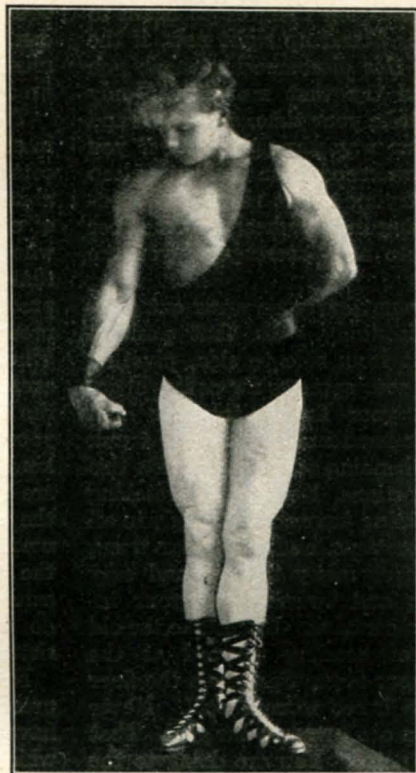
That's fair enough, isn't it? Our illustrated catalog will open your eyes to the possibilities of physical betterment, and does not obligate you in any way. Send for it to-day.

The Milo Bar Bell Co.

Dept. L, Third and Diamond Streets

Philadelphia, Pa.

Physical Culture Specialists and the largest manufacturers and distributors of bar-bells, dumb-bells and kettle bells in the world.



STRENGTH

*The Magazine of
Good Health*

READ *STRENGTH* and you just can't help wanting to be a big, two-fisted chunk of a chap with a vigorous body and an alert mind. And *STRENGTH* doesn't stop there. It shows you how to do it too, without needless expenditure of time or energy. Read in the January issue:

Athletics for Health and Efficiency: *By Walter Camp*

It costs but little in the way of time and attention to become fit and to stay so, provided that you do not waste your time and energy in useless efforts. A great many exercises are anything but effective, and consume more energy than they produce. Walter Camp, trainer of business men as well as athletes, shows the way to a happy and healthy life.

That Constipation Problem: *By Wainwright Evans*

Constipation is a slow death, but a sure one. It works in decades, instead of in years. Cathartics do not cure—they afford only temporary relief and are often injurious. And yet, more cathartic medicines are sold over the counters of our drug stores than any one class of drugs.

In the January issue, Wainwright Evans tells us how to remove the cause of constipation.

Coffee and Condition: *By J. Morgan Thorn, M. D.*

How about your condition? For the athlete in training, coffee and other stimulants are bad. But what of Mr. Average Citizen, whose problem is just keeping in 100 per cent working condition? Is coffee as bad for him? Can a person who is a coffee drinker reach this condition?

The harm is not so much in the coffee as in—let Dr. Thorn explain all about it in *STRENGTH* for January.

Don't Carry That Tub of Fat Around: *By John Madison Jones*

The recipe for getting rid of fat is found in equal parts of knowing how and wanting to, those who know how, and still stay fat, are fat because they want to be.

There is no excuse for excess weight. This article will show you how to get rid of it. Want to stay fat? It's up to you.

Begin the new year right. *STRENGTH* is "The Tell You How Magazine." It does not dwell so much on the importance of good health as on the means of obtaining the perfect health and the bodily strength and vigor desired by all.

Your newsdealer sells *STRENGTH*—get your copy to-day. Or better still, send us your subscription direct.

THE MILO PUBLISHING CO.,
Dept. L, Third and Diamond Sts.,
Philadelphia, Pa.

Gentlemen:

I am enclosing \$1.50 in payment for one year's subscription to *STRENGTH* (\$1.75, Canada; \$2.00, foreign countries).

Name

Address

City..... State.....

(Continued from page 56)

ups try it the thing doesn't work nearly so well. We haven't that set of elastic blood vessels to help us out. It makes a difference. It is comparable, perhaps to the difference in resiliency between a cushion tire and a pneumatic one.

Still, though we have lost ground in the race, the essential remedy is the same. If tissues are to remain elastic they have to be stretched now and then. If you take a piece of rubber and stretch it often enough it will tend to lose its elasticity; but if, on the contrary, you fail to stretch a tissue, it becomes stiff and only half alive, because living things die if they be not used.

Happy the man who has reached the age of thirty, even, without having rudely awakened to the fact that his body is becoming set, and that in running to catch the train his foot and ankle do not form the set of perfect springs they did when, as a boy, he used to go dog-trotting through life.

What most fairly active persons need, then, is not so much "exercise" as they ordinarily conceive it, but stretching—a sufficient amount of it to keep the whole body limber, the blood on the jump, and the muscles facile. *That* is the lesson which anyone in his five wits ought to learn every time Mother Nature puts him through a Yawn.

Of course one can't yawn and stretch indefinitely, nor can one do it to any purpose many times in succession. The reflexes involved are capable only of limited reactions. But one can yawn and stretch frequently through one's day; and the sum of the yawns and stretches will soon amount to a surprising and highly beneficial total. Also, as I have already said, yawning and stretching is a first rate way of getting the body to speed up and warm up to the point where a "daily dozen" isn't such an ordeal after all. The trouble with most of us is that we find it hard to get going. Here is something that will shove you right into action. That's the purpose of it. Why else should a man yawn and stretch as a preliminary to getting his sluggish and reluctant body out of bed in the morning?

It is not my purpose to name a calculated set of movements. You can work

that out yourself on the basis of any good set of exercises. I confine myself to a few examples that will show what I mean. Take, for instance, the simple exercise of raising your arms above your head and bringing them down again to your sides. Stand up right now, if the reading of this discourse has made you sleepy, and try that movement; only you must take your time, and yawn and stretch your way through it as if you had just awakened from a night's sleep and were trying to get rid of that cobwebby feeling in your head. Remember that you are not "exercising," you are stretching.

Now try putting your arms out sideways, horizontally. In that position twist about from side to side, pivoting around on your spine as far as it will go. Then link your fingers together high above your head and move your trunk in a circle, bending at the waist. Do this in both directions. Next begin stretching and contracting your arms strongly in all sorts of directions, and with your trunk go through as many natural and easy contortions and twistings as your ingenuity can contrive. Undertake the old discipline of bending forward at the waist till your finger tips touch the floor while your knees remain stiff. Never mind if you can't make your goal. That is not the point. You are doing to the muscles of your back much what a tailor does to a pair of trousers when he presses them. You know how he takes the leg, stretches it out to its limit, and passes the iron over it again and again till all the kinks are gone. Your problem is like that. Try it often enough, and presently instead of barely touching the floor with your finger tips, or falling inches short of that result, you will be rapping it with your knuckles. Have you exercised? Yes; but the important thing you have done has been to take a lot of knotted and stiff muscular tissue, full of congested blood, iron it out, stretch it, readjust it, and give it a new lease on life. That's the idea throughout.

And by the way, you can yawn and stretch in bed to better purpose than you can anywhere else. It goes with the prone position, somehow. If you are too long, or your bed is too short, lie diagon-

ally, reach back and seize the head of the bed, if it be seizable, and then pull and tug all you like.

One of the invaluable features of the horizontal bar, the flying rings, and other equipment of a gymnasium is that you can't use them without subjecting the muscles of the body to this stretching process.

The stretching of muscles and joints in such a way that on release they will come back to normal positions instead of abnormal positions, is part of the basis of osteopathic treatment; and anybody who had ever experienced the results of that method of therapeutics has had a practical demonstration of the stretching process carried to its logical conclusions. When you go through the familiar exercise of trying to touch the floor with the backs of your hands without bending your knees, you are really applying a kind of osteopathy to your spine; you are stretching it to its fullest extent to the end that it may come back to its normal adjustments. You can't do to it the things which the art of a good osteopath can do, of course, but you can do much—particularly if you be persistent about it.

Nearly all of the setting-up exercises prescribed for the busy man or woman have little to do with muscle building, which most of us have little use for, but a great deal to do with muscle and joint stretching. They should be taken with that thought in mind. Back of them should always be the philosophy of the Yawn. There is death in a stiff muscle, no matter how strong or big it may be. There is death in a stiff joint. If you don't believe it, consider, the next time you get a stiff neck, what those congested muscles and slow moving misplaced vertebrae can do to your nose, throat and head.

It would seem then—would it not?—that the thought of a man yawning his way to health is not a mere whimsy after all. Like many another simple, elemental, and universal thing in life, the Yawn is an eloquent, though wordless sermon from Nature herself.

It's a fruitful idea. Apply it, then, in your own way to your own daily life, and yawn your way to health.



New York kiddies enjoying the see-saws in Tompkins Square.

Science Discovers the Secret of Caruso's Marvelous Voice

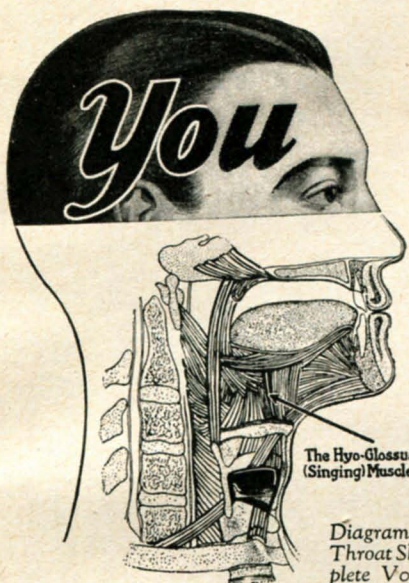


Diagram of the Normal Throat Showing the Complete Vocal Mechanism.

Caruso's Throat and Yours

Why is it that the humble peasant boy of Italy became the greatest singer of all time? This diagram of his throat will show you. Caruso's marvelous voice was due to a superb development of his Hyo-Glossus muscle. Your Hyo-Glossus muscle can be developed too! A good voice can be made better—a weak voice become strong—a lost voice restored—stammering and stuttering cured. Science will help you.

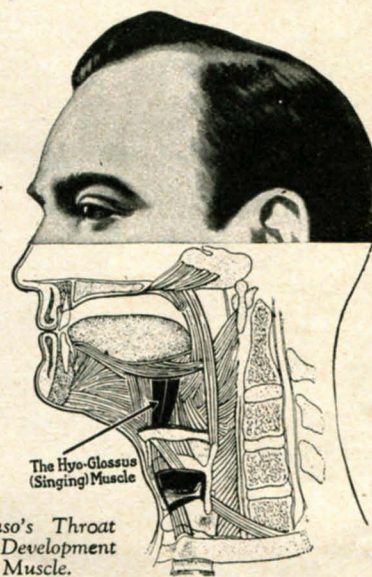


Diagram of Caruso's Throat Showing the Superb Development of his Hyo-Glossus Muscle.

We Guarantee—Your Voice Can Be Improved 100%

EVERY normal human being has a Hyo-Glossus muscle in his or her throat. A few very fortunate persons—like the late Caruso—are born with the ability to sing well. But even they must develop their natural gifts. Caruso had to work many years developing that muscle before his voice was perfect. Whether your voice is strong or weak, pleasant or unpleasant, melodious or harsh, depends upon the development of your Hyo-Glossus muscle. You can have a beautiful singing or speaking voice if that muscle is developed by correct training.

Prof. Feuchtinger's Great Discovery

Professor Feuchtinger, A. M.—descendant of a long line of musicians—famous in the music centers of Europe, Munich, Dresden, Berlin, Bayreuth, Vienna, Paris and Florence, for his success in training famous Opera Singers—discovered the secret of the Hyo-Glossus muscle. Dissatisfied with the methods used by the maestros of the Continent who went on year after year blindly following obsolete methods, Professor Feuchtinger devoted years of his life to scientific research. His reward was the discovery of the Hyo-Glossus, the "Singing Muscle".

Professor Feuchtinger went even farther into the Science of Singing.

He perfected a system of voice training that will develop *your* Hyo-Glossus muscle by simple, silent exercises right in your own home.

Grand Opera Stars Among His Students

Hundreds of famous singers have studied with Professor Feuchtinger. Over 10,000 happy pupils have received the benefits of his wonderful training.

There is nothing complicated about the Professor's methods. They are ideally adapted for correspondence instruction. Give him a few minutes each day; The exercises are silent. The results are sure.

The Perfect Voice Institute guarantees that Professor Feuchtinger's method will improve your voice 100%. You are to be your own judge—take this training—if your voice is not improved 100% in *your own opinion*, we will refund your money.

A Beautiful Voice for YOU

You do not know the possibilities of your voice.

If you want to sing—if you have always felt that you could sing but lacked the proper training because you had not

the time nor the means to study—here is your chance. Professor Feuchtinger's course will improve your voice 100%. You can now learn to sing at a very small cost and in the privacy of your own home.

If you want to improve your speaking voice—if you stammer or stutter—Professor Feuchtinger will help you.

Professor Feuchtinger's Book "Voice Culture" Free

Send us the coupon below and we'll send you FREE this valuable work on the Perfect Voice. Do not hesitate to ask. Professor Feuchtinger is glad to have us give you this book and you assume no obligations whatever by sending for it.

You will do yourself a great and lasting good by studying this book "Voice Culture". It may be the first step in your career. Do not delay. The number of these books is limited. Send for "Voice Culture" today.

Perfect Voice Institute

Studio 5721, 1922 Sunnyside Ave., Chicago

Please send me FREE Professor Feuchtinger's book "Voice Culture". I have put X opposite the subject that interests me most. I assume no obligations whatever.

☐ Singing ☐ Speaking ☐ Stammering ☐ Weak Voice

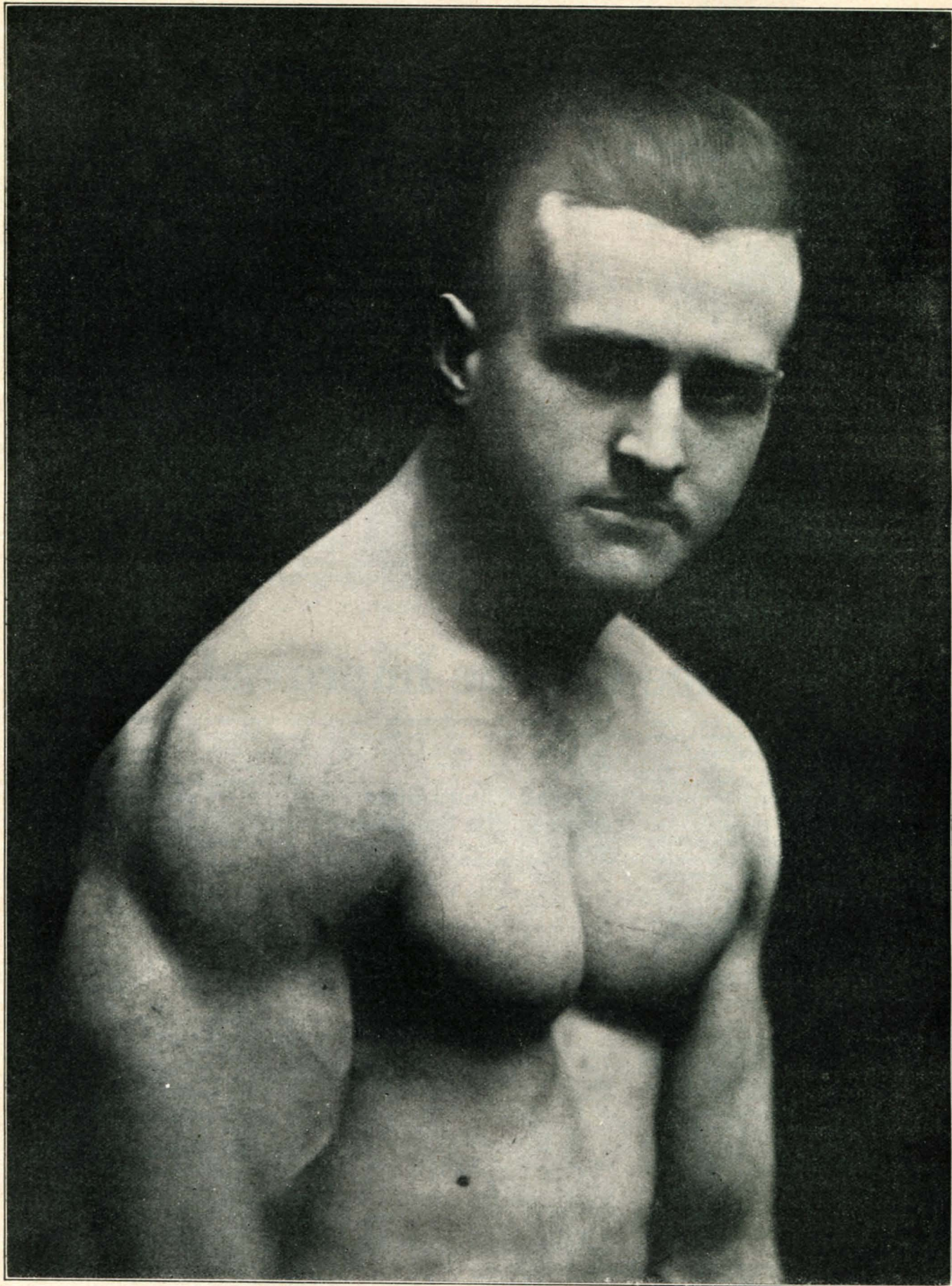
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Earle E. Liederman
THE ACME OF PHYSICAL PERFECTION

See page opposite

Start the New Year Right

Does 1922 mean SUCCESS or FAILURE?

It is up to you right now to decide. If you had started right one year ago you would be on the high road to success this minute. Don't let another year pass by. It is within your power to make yourself what you will. Let this be the beginning of a new life and a better one.

I Will Give You Wealth, Health and Happiness

I will take that body of yours and make it physically perfect. I will make a new man of you. I will fill out your chest so that every breath means increased life, purifying your blood and sending vim and vitality throughout your entire system. I will broaden your shoulders, and give you the large muscular arms and legs of an athlete. I will strengthen your back and every vital organ within you. You will be bubbling over with life, having the keen, alert brain, the bright, flashing eyes and the spring and step of youth. Passers-by will stop and admire you for your physical make-up, and you will be the favorite in both the business and social world—you will be a leader of men, and the good things in life will naturally come your way.

I Challenge the World

If a man stood on the housetops and shouted to the people that he was the strongest man on earth, it would avail him nothing. Someone would make him come down and prove it. But records speak for themselves. I will gladly show anyone personal letters from the leading strong men in the world today that my course is absolutely the best and quickest to acquire physical perfection. Come on, then, and make me prove it—I like it. I have the means of making you a perfect physical specimen of manhood, of making you a successful leader of men. I have done this for thousands of others. What I have done for them I will do for you. I don't care what your present condition is. The weaker you are the more noticeable the results. Come on, then, **START THE NEW YEAR RIGHT.**

SEND FOR MY NEW BOOK

"MUSCULAR DEVELOPMENT"

IT IS FREE

It tells the secret. Handsomely illustrated with 26 full-page photographs of myself and some of the world's best athletes whom I have trained. Also contains full particulars of my splendid offer to you. The valuable book and special offer will be sent on receipt of only 10c, stamps or coin, to cover cost of wrapping and mailing.

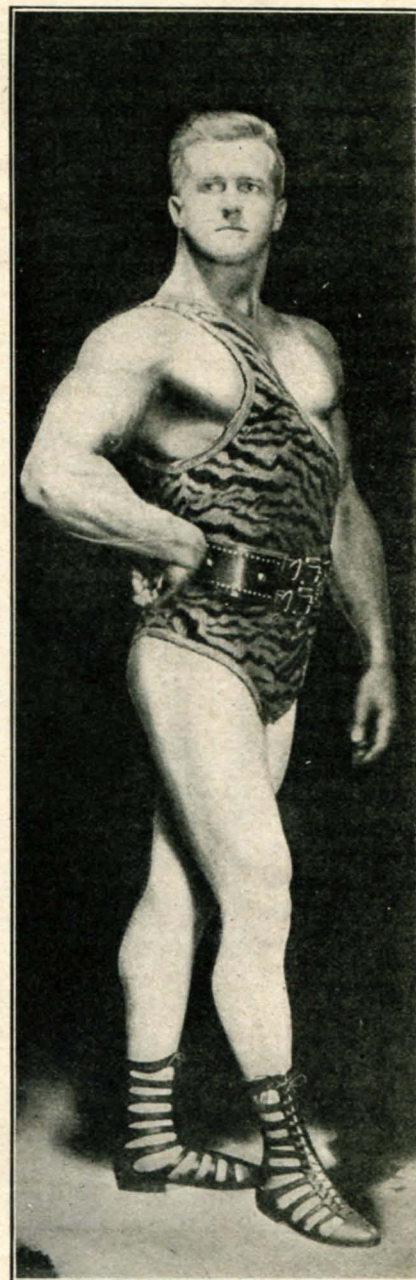
Don't miss this opportunity. Sit right down now and fill in the coupon. The sooner you get started on the road to health the easier it will be to reach perfect manhood. Don't drag along one day longer—mail the coupon today.

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Dept. 62

305 BROADWAY

NEW YORK



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Dear Sir:—I enclose herewith 10 cents, for which you are to send me, without any obligation on my part whatever, a copy of your latest book, "Muscular Development." (Please write or print plainly.)

Name

Address

City State

Success at Forty and Death at Fifty

(Continued from page 27)

plishes the most in the shortest time."

"Not exactly that, although you're warm. Hard work never killed anyone. But over-work kills its tens of thousands every month." He bit off the end of a short cigar and lighted up. "You two belong to the young business world that boasts today that it is the greatest thing the universe ever evolved. You are a part of the world-beatingest machine in history for making things go and piling up money and achieving success. You have books on scientific management, and courses in efficiency; you write letters with an electric motor and a cylinder of sealing wax; you close million dollar deals with three pot-hooks and a Morse code; you send your mail through the air on a contrivance made up of chrome-steel and shellacked linen; you talk in terms of fleet-loads instead of bushels, and you think in terms of certified checks for amounts that would have run this government a year in the time of J. Q. Adams. Almighty God gives you twenty-four hours a day, but you set the clock back on him. You were built with three speeds and a reverse, but you slip her into the high and lock her there, and when your engines heat up and you stall they send you to my garage here wanting to know if I can't have you back on the road by Wednesday morning before the banks open! You're live ones—and the first thing you know you die of it!"

He had been speaking in the same cold, gruff tone with which he had begun. He was as cold as a fish; as impersonal as a Childs' restaurant meal. I glanced at Bob to see how he was taking it. His eyes were on the pines above the sanitarium and he was frowning a little. I turned to the doctor.

"We only play the game the way the rules read," I observed. "Nowadays a man keeps up or he drops out."

"Oh, no, he doesn't!" the doctor snapped. "If he can't stand the gaff in the five furlong dash he takes the hurdles in the two-mile steeplechase. If he isn't fast enough for the infield he goes out to right. The Mexicans have a proverb to the effect that the house dog lives to eat the grayhound's meat. The tortoise doesn't always beat the hare, but he lives a lot longer."

"I'd rather be dead than a dead one," Bob Nodden said, a little peevishly.

"And you probably will be," the doctor retorted, re-lighting his cigar.

Nobody said anything to that. After a moment the doctor went on.

"I don't mean to argue that a man can lie down on his back and earn fifty thousand a year," he said. "I'm no exponent of laziness, and if my son were a lounge lizard or a café hound I'd feed him rat's bane in his floating island. I believe in hard work and I practice it. But I take care of myself and I keep a reserve fund of kick in me all the time. If I find myself going stale I quit. I don't take all the exercise charts at their face value, but I do put my feet on a chair when I'm resting."

"The man who wants to be going at seventy has to go light when he's forty. It's not on the books to put ninety pounds pressure on and keep it on day and night forever. The trouble with most business men today is that they do everything they do with a string tied to the safety valve. Both of you probably pride yourselves on playing a lot — on what you call keeping fit. How do you do it? At top speed! On your golf days you

I pick the tired ones, naturally.



work a little harder in the morning so that you can get out for eighteen holes after three o'clock.

If you walk you run. If you hunt or fish you look up the limit and then figure how to get it before the seven-ten leaves for the city. If you take a long breath it's because you have dyspepsia and your third vest button from the bottom hurts. The greatest favor a man could do you would be to hit you under the ear and knock you cold for an hour every day. If I were running things I'd turn ether fumes into every business office in America about three o'clock in the afternoon, and any man who hung up the motto 'Do It Now' I'd decorate

with an Oregon boot. The graveyards are full of men who made a success of life at forty and a success of death at fifty.

"I paid some attention to the flu epidemics because I had a theory about influenza, as most doctors had. I noticed that it took the young and husky and made fine-looking corpses of them. Some people wondered why. I didn't. It was because they got up on the third day and closed a business deal before five that same evening. It's the lad who weighs two hundred and can stand anything who flickers out when the bugs get busy. You can put a thousand tuberculosis bacilli side by side, through the eye of a needle but you can't turn four of them loose on a man like Nodden here if his white corpuscles have all gone into the annual statement."

"I usually charge for my lectures. This one is free. Nodden can get well if he can look me in the eye and tell me honestly that he has forgotten the name of the machine he sells and if he will think of that jackass Stowell as often as he does of Charlemagne. He will get well if he plays he is a baby of three with infantile paralysis, and acts like one. He will get well, all right—or nearly enough well—if he has the guts I think he has, but he won't stay well afterwards unless he quits imagining that he is greater than the God who made him. With every man put into the world there comes a book of directions for winding him up and making him go, and if you throw the rules away you're heading for the everlasting scrap heap. Eighty-dollar-a-month men don't get anywhere, but they stay at it a long time. Thousand-dollar-a-month

men go pretty far sometimes, but before they come to the end of the road they are pretty likely to be given a lift in a long grey wagon with glass sides and flowers on the foot-board beside the driver. A successful man is

a grand thing, boys, but he doesn't cut much figure in a sanitarium. There are no failures here to admire him!"

Bob Nodden won the decision in that fight of his. He gives a lot of credit to Dr. Erasmus Held.

I dropped in to see him the other day and he tossed a letter across for me to read. It was from the home office and it offered him the position of general manager for the western division of the company's territory.

(Continued on page 65)



Two constant dangers— We now know that food must protect us against them

How science has revolutionized the selection of the food we eat

IT is now known that there are two dangers constantly threatening our health—not having our body tissues built up and not ridding the body of poisonous waste matter.

Science has discovered that medicine cannot do this for us—that it is our daily food which must supply these great body needs.

But many American meals lack the life-giving elements which build up body tissues and the elements which eliminate waste matter.

A familiar food with wonderful health giving properties

Today millions are securing these needed food essentials by adding Fleischmann's Yeast to their regular diet. For yeast is the richest known source of the necessary water-soluble vitamin.

Fleischmann's Yeast stimulates digestion, builds up the body tissues and keeps the body more resistant to disease. In addition, because of its freshness, it helps the intestines in their elimination of poisonous waste matter. You get it fresh every day.

Laxatives gradually replaced

A noted specialist, in his latest book, says of fresh, compressed yeast: "It should be much more frequently given in illness in which there is intestinal disturbance. . ." This is especially true in cases where the condition requires the constant use of laxatives.

Fleischmann's Yeast is a corrective food, always fresh, and better suited to the stomach and intestines than laxatives. It is a food—and cannot form a habit. In tested cases normal functions have been restored in from 3 days to 5 weeks.

Skin disorders cleared up

Many physicians and hospitals are

prescribing Fleischmann's Yeast for impurities of the skin. It has yielded remarkable results. In one series of tests forty-one out of forty-two such cases were improved or cured, in some instances in a remarkably short time.

Fresh yeast has received general attention from the public since recent scientific tests proved that fresh yeast corrects run-down condition, constipation, indigestion, and certain skin disorders. These original tests were all made with Fleischmann's Yeast.

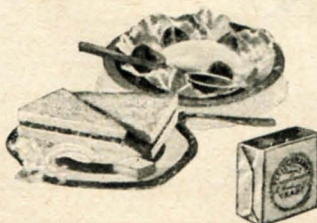
Fleischmann's Yeast is a pure, fresh food, rich in vitamin, in which it measures up to the high standards set by laboratories and hospitals.

Place a standing order with your grocer for Fleischmann's Yeast and get it fresh daily. Keep it in a cool dry place until ready to serve. Send 4c in stamps for the valuable booklet, "The New Importance of Yeast in Diet." Address THE FLEISCHMANN COMPANY, Dept. 7101, 701 Washington St., New York, N. Y.

Various ways of eating Fleischmann's Yeast

Eat Fleischmann's Yeast plain or spread it on crackers or bread. Try it in water, hot or cold, or in fruit-juices or milk.

Eat 2 to 3 cakes of Fleischmann's Yeast a day. Have it on the table at home. Have it at your office and eat it at your desk. Ask for it at noon-time at your lunch place. You will like its fresh distinctive flavor and



the clean wholesome taste it leaves in your mouth.

Beware of untested yeast-vitamin preparations that contain drugs or other mixtures. Fleischmann's Yeast is your standard of purity and potency. The familiar tin-foil package with the yellow label is the only form in which Fleischmann's Yeast for Health is sold.

How I Get the Most Out of My Exercises

(Continued from page 50)

good one. Why not try the experiment?

If exercising for indigestion or constipation, try drinking a glass or two of hot water just before taking your abdominal movements and massage. I have known this to relieve several cases of constipation. Having exceptional diaphragmatic action, I am able literally to wash my stomach in this way. Do not attempt this measure soon after eating, however, since it brings on nausea.

Sleep is the best thing in the world for avoiding staleness and for hastening the results of exercise. Sleep is the energizer par excellence—for the athlete I can not say enough in its favor. No amount of training, no positive measures whatever, can avail against the negative drawback of insufficient sleep. Nervous energy is the foundation of athletic success, and sleep is the great builder of nerve power.

Sleep and air, these are the great nervines. Breathing should be part of any system of exercise. In such sports as wrestling and running the breathing takes care of itself, and this is probably the best "breathing exercise" for ordinary purposes. In less vigorous movements like calisthenics and light apparatus-

work, however, it is necessary to give deliberate attention to respiration. I have found it a good plan to take a certain number of deep breaths between movements while I am resting the muscles. This saves time, and increases the benefit from the other movements.

If you are a track man give your feet especial care, and build strength in your ankles. These joints have to bear the weight of the whole physique. When a 140 pound man succeeds in adding forty or fifty pounds of weight to his body, it is no wonder the ankles feel it. They should therefore be strengthened along with the other parts of the body.

In exercising the extremities I find it a good plan to use one limb at a time when practicable. The mental concentration is better, the movement better executed, and the flow of blood to the working parts more copious. Also the danger of overdoing is lessened. In this alternate exercise of the limbs, use the weaker one first, for the reason that the one most needing attention will be sure of its exercise in case some interference calls you away before you have finished. If there is much difference in your arms give the weaker one special

periods of work. But in trying an unfamiliar feat or test where a strain is possible, use the stronger hand. This lessens the danger of strain, and should such occur gives the weak one a chance to catch up with the other instead of falling further behind, as it would were it the injured member.

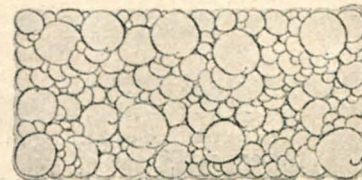
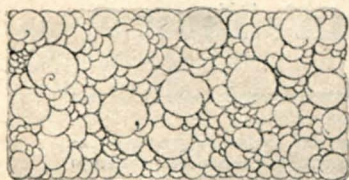
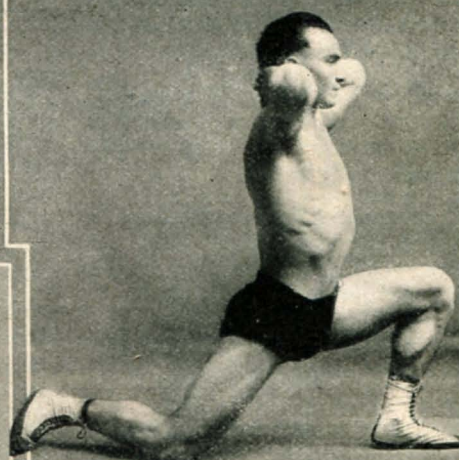
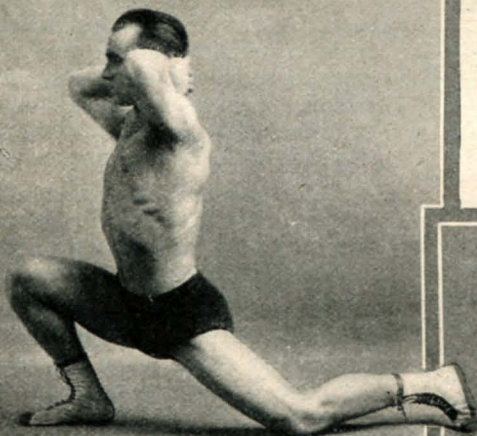
Use complete movements; do not confine a limb to a part of its latitude of movement. In pressing a dumb-bell above the head, for instance, push it to the full extent of the arms, and in letting it down straighten the arms fully before depositing the bell on the floor. Incomplete movements, especially if the strain is heavy, tend to shorten and cramp the muscles. Similarly, in running or rope-skipping bring the heel well up towards the buttock so that the back thigh muscles may contract and relax fully.

Do not hold extreme tension of a muscle long at a time. The pressure of the tendons on the blood vessels impedes the circulation, whereas the prime purpose of exercise is to facilitate that function. Full, slow contractions are best for development of big muscles, but if the effort is too great stiffness will result.

(Continued on page 65)

Try This On Your Bedroom Floor

This is an attractive leg exercise that may be incorporated in your daily system of "setting up." It is also excellent from the posture standpoint, straightening the spine through the position of the head and arms. The poses are by William Wareing of Yonkers, N. Y.



How I Get the Most Out of My Exercises

(Continued from page 64)

A practice that I have observed for years in my own training is to conclude the indoor exercise with abdominal movements. By doing these last the extra blood supply is left in the most important part of the body.

Avoid exercise within an hour after a meal—better two hours. If they have to come close together, take the exercise first, and observe the rule to leave the blood in the abdominals. Never eat when exhausted.

In bathing, each must have a law unto himself. Certain it is that the bath is an important part of any physical culture regime. If your exercise is taken at night warm or tepid water will be agreeable. I have known very few persons who preferred cold water on retiring. In many cases it interferes with sleep. In the morning a cold bath is an "eye opener" of real value, but do not use cold water at all if it disagrees with you. Many athletes use salt in their baths, and some recommend the mustard bath. Personally I have found no special value in either; I recommend pure water. If you use a muscle lubricant I would suggest olive oil. Generally, it is the massage in connection with such treatments that does most of the good.

Unless you are a professional athlete and have to cultivate your advantages, it will pay you to specialize on your weakest part. If your legs are weak give them extra thought and attention. If they are unusually long you will have some trouble bringing them to symmetrical proportions, and the sooner you begin the better.

You must retain interest in your training, for when this lessens benefits are certain to decrease. A change of the exercise regime occasionally will prevent monotony. Don't give up your favorite exercise—just quit it for a while. It will pay in the long run.

Success at Forty and Death at Fifty

(Continued from page 62)

"Congratulations, Bob!" I said. "When do you leave?"

He laughed and shook his head.

"I don't leave," he replied. "I wrote them that I was satisfied to get less and take it longer. I tried to make it sound like old Doc Held. Meantime, how about a game tomorrow?"

"Wednesday?" I asked. "How can you get away?"

"I guess I can manage it somehow," he said. "I got away once for six months, you remember—took a vacation at Oakmount Sanitarium. Now I'm splitting my vacations up. I take three a week."

"Those Who Dance Must Pay the Fiddler"

There's a settlement in profit or loss, for nearly every indulgence.

Sometimes the pay-day is long deferred, and in that case the settlement may bear compound interest.

Often a payment in ill health is required for the dance had with tea or coffee during earlier years. Sometimes the collection comes in sleeplessness, sometimes in headaches, sometimes in high blood pressure, or in nervous indigestion—sometimes in all these penalties.

Nerves won't always stand the whipping of tea and coffee's drug, caffeine.

If you've been dancing to tea or coffee's fiddling, why keep on till payment time comes? If you're beginning to pay, now, why not cancel the contract?

There's an easy and pleasant way to avoid tea and coffee's penalties, as thousands have found who have changed to Postum. It is a delight with any meal—rich, comforting and satisfying—and it never harms. Even the little children can have a breakfast cup of Postum with no fear for what may happen to sensitive nerves.

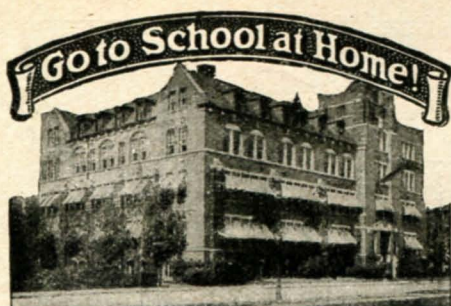
Instead of paying penalties for your meal-time drink, let it pay benefits to you, by giving natural health a full chance—and begin the new arrangement today. Any grocer will sell you, or any good restaurant will serve you Postum.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

Postum for Health

"There's a Reason"

Made by Postum Cereal Company, Inc., Battle Creek, Michigan



HIGH SCHOOL COURSE IN TWO YEARS

You Want to Earn Big Money!

And you will not be satisfied unless you earn steady promotion. But are you prepared for the job ahead of you? Do you measure up to the standard that insures success? For a more responsible position a fairly good education is necessary. To write a sensible business letter, to prepare estimates, to figure cost and to compute interest, you must have a certain amount of preparation. All this you must be able to do before you will earn promotion.

Many business houses hire no men whose general knowledge is not equal to a high school course. Why? Because big business refuses to burden itself with men who are barred from promotion by the lack of elementary education.

Can You Qualify for a Better Position?

We have a plan whereby you can. We can give you a complete but simplified high school course in two years, giving you all the essentials that form the foundation of practical business. It will prepare you to hold your own where competition is keen and exacting. Do not doubt your ability, but make up your mind to it and you will soon have the requirements that will bring you success and big money. **YOU CAN DO IT.**

Let us show you how to get on the road to success. It will not cost you a single working hour. We are so sure of being able to help you that we will cheerfully return to you, at the end of ten lessons, every cent you sent us if you are not absolutely satisfied. What fairer offer can we make you? Write today. It costs you nothing but a stamp.

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Explain how I can qualify for position checked:

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.....Building Contractor \$5,000 to \$10,000	Mechanical Engineer \$4,000 to \$10,000
.....Automobile Engineer \$4,000 to \$10,000	Shop Superintendent \$3,000 to \$7,000
.....Automobile Repairman \$2,500 to \$4,000	Employment Manager \$4,000 to \$10,000
.....Civil Engineer \$5,000 to \$15,000	Steam Engineer \$2,000 to \$4,000
.....Structural Engineer \$4,000 to \$10,000	Foreman's Course \$2,000 to \$4,000
.....Business Manager \$5,000 to \$15,000	Sanitary Engineer \$2,000 to \$5,000
.....Certified Public Accountant \$7,000 to \$15,000	Telephone Engineer \$2,500 to \$7,000
.....Accountant & Auditor \$2,500 to \$7,000	Telegraph Engineer \$2,500 to \$7,000
.....Draftsman & Designer \$2,500 to \$4,000	High School Graduate in two years
.....Electrical Engineer \$4,000 to \$10,000	Fire Insurance Expert \$3,000 to \$10,000
.....General Education in one year	

Name..... Address.....

Fighting Mad

(Continued from page 35)

"I'm so glad, Fred," she said, looking up at me with a smile. "I know you'll use it well."

And I, with all the importance of my sixteen years, smiled confidently and answered: "Yes, I'll use it well."

CHAPTER III

When Billy and I were nineteen, we entered Columbia.

My friend was now a tall thin young man—a young man of frail body but of fiery spirit. At preparatory school he had developed sporting proclivities—a taste for a highly spiced life. He was continually pushing his narrow shoulders and large warlike nose into the center of unruly crowds where there was a chance of blood letting. A physical weakling, he had the soul of a gladiator. His affections hovered midway between the prizefighter and the chorus girl.

On our arrival at the university, we immediately suffered the fate of all presentable freshmen—we became hunted by several fraternities. Dined and wined, showered with attentions for two whole weeks, we were finally roped and branded by the P. N. X. Society. The initiation followed—an initiation by which we were made to suffer for all those earlier joys.

My recollection of the ceremony is shadowy and unreal. I remember that I was seized, blindfolded, and led about for hours; that I was pushed into solid objects, prodded from behind with sharp sticks, abused and ridiculed; that I heard the subdued laughter and unpleasant voices of my persecutors with a feeling quite foreign to the brotherly love upon which I was to enter; and that I was finally forced to kneel before a raised platform. When my bandage had been removed, I saw with bewildered eyes three ghastly figures, wearing masks and long black robes, who held phosphorescent human skulls in their hands. Then the terrible oath was administered—nameless here for ever more—and I rose to my feet, one of the loyal members of the P. N. X.

After the initiation, Billy and I settled down to the normal college life, each according to his gods. He became a notorious sport; I a notorious grind. He had a host of friends. I made few outside of my own set. Of all those young faces, there is only one that stands out clearly on the clouded page of memory. Bruce Smythe, my dearest friend, my dearest enemy, I see you now as though you were looking in at me through that doorway. You are smiling in the old way. You are smiling at me, and saying in that deep voice which I know so well: "Still at it, 'Deacon'? Poor old 'Deacon'!"

Smythe was my direct opposite in



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Dr. Irving Fisher

Professor of Economics at Yale, says:

"The subject is one which cannot be ignored. Without question, birth control is today the great new factor affecting the future character of the human race."

The New York Times

Scientists Come Out for Limitation of Families Where Poverty and Disease are Perils.

...."The subject of birth control has been kept in the background, but among the scientists yesterday, speaker after speaker urged family limitation."—N. Y. Times, Sept. 27, 1921.

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practically every characteristic. Tall, broad, aggressive, he had the exuberant spirits, the fondness and fitness for companionship, the ease-loving sensual nature, that are so necessary to make a man well beloved by his fellow men. His striking good looks, his ready wit, his social position, had long ago made him a favorite with women. He had built up an athletic record for himself at the university which few have surpassed. Naturally this made of him a marked man; and, although he affected to ignore notoriety, he enjoyed it immensely, expanding under the warm rays of popular opinion like some resplendent tropical plant. He acted like a tonic on my rather despondent disposition. In his company I always felt brighter and happier. I had not known him a week before he had christened me the 'Deacon'—a nickname which has clung ever since. It was a mutual attraction—we became inseparable friends.

Our Chapter of P. N. X. was made up of three different types of young men—athletes, aspirants to social honors, and hard working students. We were a political organization struggling against other political organizations. We fought with the other fraternities for every prize bone in the collegiate carcass. We had a profound contempt for the non-fraternity men—the "barbarians," as we called them. Although they outnumbered the fraternity men two to one, they lacked the unity of purpose necessary to overthrow us. At any imminent danger of a "barbarian" uprising, the various societies would immediately band together against the common enemy. Sometimes we would toss them a despised bone as a peace offering—the Presidency of the Y. M. C. A. or something of the kind. College life may have since changed greatly; but, in those days, it was a hotbed of politics.

I am afraid that I was never a creditable son of the P. N. X. Certainly I never advanced that organization, politically or otherwise. I was a poor mixer—a young man who failed to make friends easily. Try as I would to be popular, to be called a "good fellow," there was always some invisible barrier which shut me off completely from the others. I might be talking, or laughing, when suddenly I would feel as though I were enclosed in glass; that I was helpless, quite unable to escape; and that I was being examined by a multitude of cold and curious eyes.

Those first two years at college, I studied very hard. Beside the regular course, I dived into psychology—a subject which had always interested me—with the idea of applying it some day to philanthropic work. During my vacations, I spent many hours with Louise, talking over the future. She was now a tall slender girl of eighteen, simple and direct in speech as a little child, and yet with an intuitive insight into life which often amazed me.



All Races are learning a new way to clean teeth

This new way to clean teeth is spreading all the world over. Leading dentists everywhere advise it. To millions of people it is daily bringing whiter, safer teeth.

Everyone should make this ten-day test. See and feel the benefits it brings. Compare the new way with the old.

To fight film

That viscous film you feel on teeth is their chief enemy. It clings to teeth, enters crevices and stays. It dims the luster, spoils the beauty and causes most tooth troubles.

Film is what discolors, not the teeth. Film is the basis of tartar. It holds food substance which ferments and forms acid. It holds the acid in contact with the teeth to cause decay.

This pleasant ten-day test

We supply a pleasant ten-day test to everyone who asks. That test is most convincing. The results are a revelation.

Each use fights film in two effective ways. It also brings three other effects which authorities deem essential.

It multiplies the salivary flow. It multiplies the starch digestant in the saliva, to digest starch deposits that cling. It multiplies the alkalinity of the saliva, to neutralize the acids which cause tooth decay.

Millions of germs breed in it. They, with tartar, are the chief cause of pyorrhea.

Much stays intact

The ordinary tooth paste does not effectively combat film. The tooth brush, therefore, leaves much of it intact. So teeth discolor and decay despite the daily brushing. Very few people escape.

Dental science has long sought ways to fight that film. Two ways have now been found. High authorities advise them. Many careful tests have proved them.

Both are embodied in a dentifrice called Pepsodent. And this modern tooth paste, nearly all the world over, is bringing a new dental era.

Pepsodent
REG. U. S. PAT. OFF.
The New-Day Dentifrice

A scientific film combatant, whose every application brings five desired effects. Approved by highest authorities, and now advised by leading dentists everywhere. All druggists supply the large tubes.

Ten-Day Tube Free

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Mail 10-Day Tube of Pepsodent to

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Only one tube to a family.



When Brann Discovered The Shame Of The World

Society was shocked at his merciless exposures. With the fury of an avenging angel he hurled himself upon every fake and fraud in Christendom. With a boldness that outraged convention; struck terror to the hearts of the wicked, blasted lives of the guilty; Brann, the Iconoclast, revealed to a startled world the sham of the great and mighty; the sins of the rich, the poor, the powerful.

A New, Startling Literature Though his enemies threatened him, warned him, beat him, used every power and pressure to stop him, they could not silence his thundering denunciations. Finally they killed him—but his fiery genius lives forever to amaze and startle the world. Here is a treasure-trove of glorious new literature—a phenomenon of language such as the world has never known before and whose like never will be seen again. If you would know the wizardry of words breathed into immortality by a master you must read Brann, the Iconoclast.

The Wizard of Words

A legion were glad to call him "friend" and acclaim his wild daring. William Marion Reedy loved him, adored him; and was proud to use his genius to extol Brann to the world. Elbert Hubbard knew him well. He said, "Brann was The Wizard of Words. He took the English language by the tail and snapped its head off for his own delight and the delectation of the onlooker!"

His Fiery Genius Lives Again

The work of such a man could never die. Though buried in the obscurity of 20 years, their light burned with the everlasting fire of genius. And when they were resurrected the world was dazzled with their diamond-like brilliancy. Out of the grave Brann arose to make a host gasp in amazement; once more his fiery genius hypnotizes, and holds spellbound a startled multitude.

Special New Year Discount

Here in twelve handsome volumes (3800 pages) are gathered together every jot and tittle of Brann's rampant, militant, vivid masterpieces. A re-awakened public has already bought over 5,000 sets. Every day more people demand this splendid new kind of literature that is packed brimful with startling and amazing thrills. And now you can get these wonderful books at a special discount from the regular price. This is a New Year offer, to be withdrawn at midnight February 15th. Act quickly so you can take full advantage of this great opportunity.

Send No Money coupon below and we will ship the entire set of 12 complete volumes for five days' free examination. If, after reading some of his breath-taking stories, you decide you would rather be without these books, send them back, and the trial will not cost you one cent. But if you decide to keep them, as you surely will, then pay on the very easy terms outlined. But act now! Send the coupon at once! You have only a short time to take advantage of our extraordinary New Year discount of \$4.

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I can see her now sitting in the library, her head bent in thought. She and Smythe were the only two with whom I felt no restraint, to whom I could reveal myself. How sympathetic she was! How kind! What glorious pictures we drew of the future, she and I—what glorious pictures never to be realized! Poor, foolish boy!

CHAPTER IV

On my twenty-first birthday, I received a letter from Jenkins, asking me to call at his office. As I perused it, I seemed to see the man again—his small round head tilting towards his right shoulder, his beak-like nose, his sharp grey eyes. He had come into my life just once, and yet had left an indelible imprint on my memory. Even the face of my old nurse was a blurred shadow in comparison to the bird-like visage of the lawyer. I went to keep my appointment with a sensation of mingled expectation and uneasiness.

Jenkins had a dingy little office on the topmost story of one of the tallest buildings in the city—an office which had all kinds of queer musty odors about it, reminding one of a neglected bird cage.

Sitting in one corner of this office, his long thin fingers twinkling over the keyboard of a typewriter, was the strangest boy whom I have ever seen. He had a very large head which swayed about insecurely on a pipe-stem neck, round protruding blue eyes, and fuzzy brown hair which stood up on his scalp like sundried weeds. His face kept drawing up into knots, wrinkling and unwrinkling like a mask of tissue-paper. He nodded to me as I entered.

"Is Mr. Jenkins in?"

"Not yet, sir," he answered in a deep sepulchral voice. "You'd better wait." He indicated a chair with a jerk of his dirty thumb.

I seated myself and looked at my watch. It was ten minutes to three; although my surroundings were far from pleasant, I decided to wait. Besides the odors that assailed the nose, there were other and worse annoyances. It was a warm day in early fall, yet the windows were closed and the steam heater was spluttering vindictively. I had but to close my eyes to imagine myself in a Turkish bath.

After what seemed an unendurable space of time, I heard the door creak, and, turning around, saw the tall spare figure of Jenkins standing on the threshold. He was regarding the boy with his bright unblinking eyes, while a smile, half amusement, half contempt, drew up one corner of his thin-lipped mouth. Then he advanced towards me with an outstretched claw-like hand. "So you've come to learn about yourself?"

"Yes. But how did you know me? It's a long time since I saw you last—ten years at the least."

"You didn't forget me?"

"No. But you were a man, and a man doesn't change much in a few years."

"Man or boy," he broke in curtly, "it makes little difference to me. I never forget a face."

While he was speaking, I glanced at his stenographer. The boy was falling asleep, his head resting on his shoulder and his large mouth agape.

"Tom!" cried the lawyer; and the boy sat up with a nervous start. "Tom, what day of the week will the Fourth of July after next fall on?"

The boy's pale face lit up with a strange joy. It was as though he saw the gates of paradise opening before his eyes. For one minute, two minutes, he sat thus—his brows contracted, his eyes flashing—and then he cried out in a loud voice: "Thursday, sir."

"Right, exactly right! Now multiply sixty-six by forty-three and divide by thirteen."

Again the boy's face brightened. "Two hundred and eighteen and four thirtieths," he answered almost immediately.

"Fine!" cried Jenkins in high good humor. "Go out and buy me a box of cigarettes. You can keep the change." He handed the boy a dollar bill, and then looked a trifle shame-facedly at me.

"You don't mean to say that he was right?" I cried, as the door shut behind the prodigy.

"Absolutely," he answered.

"Then he studied your questions before hand?"

"Never."

"And you mean to say that he did the whole thing in his head while we were watching him?"

"Just that."

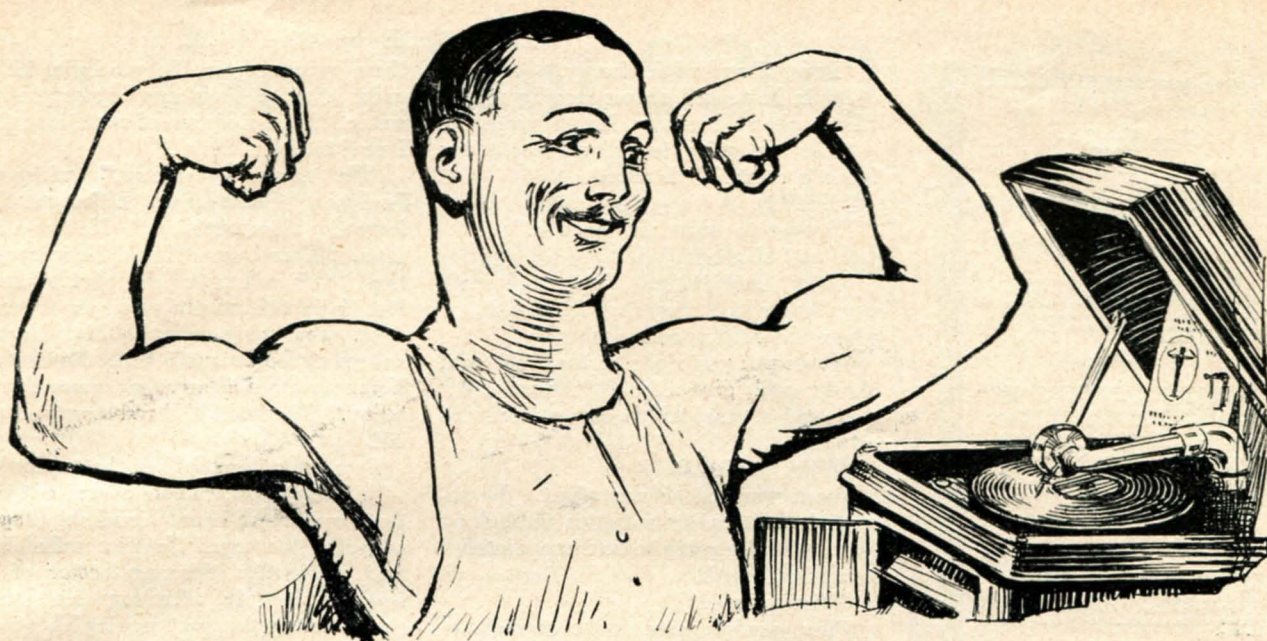
"It's impossible."

"You're wrong," said he. "Tom's story is simple enough. He was born a mathematical machine. At five he was doing problems of long division in his head, while his relatives stood about in awed groups. When other children were at play, he was juggling the calculus of operation. The study of mathematics was his one joy in life. It was a habit as dangerous as morphine. It proved to be his undoing."

"How so?" I broke in.

"Why, he became a drunkard in figures. One night he had an attack of arithmetical delirium-tremens. His mother found him grasping handfuls of decimals out of the empty air. When he became a little calmer, it was discovered that Tom was headed straight for the mad-house if this learned habit of his were not held in check. I was interested in the boy, and agreed to take him in with me. I keep his mind off figures by giving him other work to do. He is unhappy though, and couldn't stand it, if I didn't find him some problems now and then. I study them out beforehand, and give them to him to keep his interest up. They act like a tonic on the boy."

(Continued on page 70)



New Health, Energy and Vitality By Exercising to Music

THOUSANDS of men and women have discovered a wonderful new way to keep themselves in the "pink" of condition—overflowing with bounding health, full of youthful energy, enjoying a sparkling vitality that makes work seem like play.

And it all comes about from ten minutes daily fun with the phonograph!

All the glorious opportunities of perfect health and a splendid physique are now possible without the dullness and monotony of old fashioned methods of exercise. Busy people who have not the time to spare for out-of-doors recreation have found in this new method the way to keep themselves in "tip-top" form. People who but a short while ago could hardly stand the least exertion have been surprised at the rapidity with which they have built up muscle, accelerated their mental and physical powers and increased their very fitness for life itself.

Their skins have acquired a healthy glow, their step has become firm and buoyant. Friends at home and at the office are talking of the change. To them has come a newly discovered power with which to face the world—to dare and to achieve.

A New Principle is Discovered

This new method of health building has been devised by one of America's leading health authorities. For long he worked to attain this most important object. He examined the actions of all the important muscle and nerve groups under various conditions. As a result he found that the man or woman who is indoors a great part of the time and who leads an inactive life is almost as much a captive as the lion or tiger in the zoo. Then the idea developed that what nature does for these animals to keep them fit might be applied so as to satisfy all human needs.

What does the caged tiger do

for exercise? The inventor of this wonderful new system of health building went repeatedly to Bronx Park to find out. He noticed that the tiger is always busy stretching and twisting himself. In this way he exercises the very muscles which tend to become weak when an animal is kept in a cage or a man in an office. In a twinkling it became plain why all other methods of exercise had proved inefficient—they develop the arms and legs but scarcely affect the trunk muscles which are the most important muscles.

The New Principle Results in the "Daily Dozen"

With this secret as a basis the new system of simple, easy, pleasant exercises now known as the "Daily Dozen" was developed. So striking were the results achieved that these exercises were at once adopted by the United States Army and Navy. But so important a scheme could not be allowed to rest at that. It had to be put in a form that could reach and benefit everyone, everywhere, who appreciates the importance of a sound physique. And it was. The entire "Daily Dozen" have been set to

music on five large double-disc records, with a clear voice giving each command. **The music makes exercising a pleasure instead of a task.** These records can be played on any disc machine.

A Unique Opportunity

Along with each set of five records there go twelve handsome charts in two colors, 60 actual photographs illustrating every movement, and a most interesting little booklet by the inventor explaining all the principles of his new system. With them you will soon develop a stronger, more supple corset of muscle about your waist. Your chest will be enlarged, your wind improved, and your over-or under-weight corrected. Further, these exercises go straight to the causes of many annoying little ailments which may keep you from feeling fit. No matter where you are you can start in at any time and smile your way to better health with the same assurance as if you were

under the personal care of the originator of the "Daily Dozen." And the beauty of it is that the whole thing takes only ten minutes which, with the music accompanying, easily become the most fascinating ten minutes in the whole day.

Sample Record and Chart Free

So that you can see for yourself the enormous value of the new health-building method and all that it will do for your appearance and physique a special free offer has been made. We will send you entirely free, except for twenty-five cents to cover postage and packing, a sample record containing two of the "Daily Dozen" exercises. In addition you will receive a free chart showing exactly how these exercises are to be done with simple and clear directions for them. You are absolutely under no obligation. The record and chart are yours. You need never return them—and you won't want to. Surely you cannot afford not to examine such an offer for your health's sake. Just send the coupon with twenty-five cents in silver or stamps to cover postage, etc., and we will forward your record with full particulars immediately. **HEALTH BUILDERS, Dept. 21, Oyster Bay, N. Y.**

Free Sample Record



HEALTH BUILDERS

Dept. 21, Oyster Bay, N. Y.

Please send me your free sample "Health-Builder" record, giving two of Walter Camp's famous "Daily Dozen" exercises, also a free chart containing actual photographs and simple directions for doing the exercises. I enclose a quarter (or 25 cents in stamps) for postage, etc. This does not obligate me in any way and the sample record and chart are both mine.

Name.....
(Please write plainly)

Address.....

What Users Say

Here are extracts from letters, typical of the many constantly received from "Daily Dozen" enthusiasts:

"I am writing to tell you I am more than satisfied with the results from your Health Builder records and will surely recommend them to anybody I meet. I am surprised at getting such satisfactory results so soon. Feel fine."—S. T. Caves, Haddonfield, N. J.

"I just want to add my word of enthusiasm to the many others regarding your wonderful records. They have filled a long felt want. Being a professional vocalist, you can readily understand what it means to have a way to exercise muscles that are not used ordinarily. For the first time in months, I might say in years, I can relax at night and sleep. God bless Walter Camp and the Health Builders, say I."—Mabel Corlew Smith.

The Truth about High Frequency

IN a plain and conservative way this book will aim to show what high frequency currents of electricity can do.

Their value in many acute and chronic conditions which are common in medical practice has become so marked that mere acquaintance with the results obtained by others should prompt a desire to employ them by all who read of their work.

.....

If the equivalent of this great pain reliever, antiseptic, and promoter of metabolism, had been a new serum, or antitoxin, or some psychic fad half pseudo-science and half quack religion, the fame of it would have swept around the world in three months. But this remedy—more far-reaching far-good than exploited catarrh and cough cures, and vaunted "vegetable compounds", and all the combined "best sellers" of patent medicine factories, in which the American Public invests some hundred million dollars and twenty per cent of its health per year—happens to be only one phase of an electric current, modest, reticent and conservative, the study of skilled men, the subject of a decade of scientific investigation, and so it has patiently crept into quiet recognition during the past ten years, tested by progressive physicians here and there, and more in Europe than here, yet never losing ground once made, ever gaining increased confidence, and now slowly coming into its own.

CHAPTER I

High Frequency Current—What It Is— Tesla's Startling Demonstration

When street lighting by electricity was introduced a generation ago, the currents employed and the only commercial currents known, shot through their circuits like streaks of searing flame, so "heavy" in quantity that a live wire would destroy life almost as quickly as a stroke of lightning. They were "dangerous" currents, and workmen touched them carefully, or were careless at their imminent risk.

Know the Truth about the Violet Ray

BEFORE you invest in any Violet Ray outfit—you should read "The Truth about High Frequency" by S. H. Monell, M. D. In his interesting, plain-spoken style, he tells the real truth about this form of electrical treatment. He tells you the facts—just what the Violet Ray can and cannot do. Before you buy or decide against any Violet Ray outfit, know the absolute truth. Don't experiment.

SEND FOR THIS BOOK

Know All the Facts—the Truth

Dr. Monell, the author of this book, is the conceded authority on High Frequency Current and its application to the human body. Of his ability, the Medical Sentinel says: "The author is one of the most illustrious teachers of electro-therapeutics in America." This is not a book of treatments—or claims—or propaganda—just an unbiased, authoritative statement by any one who knows.

Act now—don't delay—slip one dime into an envelope and enclose the coupon below.

Western Coil and Electrical Co.
Dept. A, Racine, Wisconsin

Enclosed find 10c for "The Truth about High Frequency."

Name.....

Address.....

City & State.....

Continued from page 68)

"I see," I replied dubiously. Again he looked shame-facedly at me. "Let's get to business, Mr. Colgate." "You are going to tell me about my father's estate?" I asked.

"Yes."

"I want to know all about it."

"What about it?"

"Why, everything. You see I don't even know how large my income is, or where the money comes from."

"I can put you right on that," he said slowly and distinctly. "About sixty thousand a year, and it comes from real estate."

"What real estate?"

For a moment he was silent. He regarded me steadily with his unblinking eyes. "You're going to be disappointed," he said at length.

"Disappointed?"

"Yes, you're going to be very disappointed. I can read it in your eyes."

"But why? Why should I be disappointed?"

"Because a man of your temperament cannot blind himself to unpleasant truths. Another might be careless of how it came to him, but you are not built that way."

"You mean that—"

He silenced me by a gesture, and led me over to one of the dingy windows as though I had been a little child. "Look!" he cried. "Look to the west. There lie culture, beauty, wealth—everything that the heart holds dear. It is a beautiful plant, is it not? See how high it holds its head, this fragrant plant of civilization. And yet its roots are embedded deep in manured slime. Look to the east. There it lies—this human dunghill—and yet it gave birth to that other which now lifts its head so high above it."

"And my property?"

"Tenements, saloons, and worse, on the East Side," he answered abruptly. And then, seeing me start involuntarily, he said, with something like a smile tugging at his upper lip, "Don't despise it because of that. It's like old cheese; the worse it smells, why the better it tastes and the fatter the maggots grow."

"Did my father know this?"

He burst out into a laugh that twitched his beaklike nose up and down. "Know it! How could he help but know it? But come, I'll show you some of your property. What do you say?"

"Why, I'd like to see it all."

Just at this moment there came the sound of heavy footsteps in the corridor; the door opened, and Tom appeared before us. He held some large round object under his arm—some object tied up in brown paper.

"What's that?" asked Jenkins with a suspicious look at the bundle.

The boy whisked off the paper, disclosing before our startled eyes a glass bowl full of lazily-moving gold-fish. "They're gold-fish," said he in the tone of one just inventing them. "I like to see

them swimming in the sunshine. They make strange lines and figures in the water. It reminds me of something that I used to do in school."

"He means geometry," whispered Jenkins. "Good Lord! I thought he'd forgotten all about that." He turned to Tom. "Come, come," said he in a gruff tone, "this will never do. Get to work. Put those fish on the chair in the sunlight. I'm going out with Mr. Colgate, and won't be back till five. Remember, Tom, no more figures—no more figures today." He shook his head sternly at the lad.

Tom sank down before the typewriter with a deep sigh. As we passed out into the corridor, we heard his nimble fingers pounding the keys. Jenkins smiled, and then, evidently thinking better of it, frowned heavily, drawing his bushy eyebrows together and curving his savage nose over his upper lip. Then he rose up on his toes and sniffed the air through distended nostrils. Again I seemed to see the vulture which was about to fly away to its carrion banquet.

CHAPTER V

It was one of those delightful days in October when the tepid breath of the dying summer grows cooler as the afternoon advances, till it lapses into the white frost of death. Coming out of that hot office, the breeze caused me to shiver and to button up my coat to the chin. Jenkins, on the contrary, seemed to feel neither heat nor cold. He walked beside me, without overcoat or gloves, apparently in perfect comfort.

We pushed on for several blocks in silence, and finally came out on the Bowery. This part of the city was entirely new to me. I had never gone slumming, as had so many of my fellow students. Now that I was here, I used my eyes to the best advantage.

The street was crowded, as it always is, with a dingy throng. Young and old—men, women, and children—had a look about them of having lived their lives underground. It is true, there were some—a sailor, just back from a cruise, striding along with bare hairy chest; a laborer with the scarlet blood of Italy peering through the dirt on his cheeks—who had quite a different look. But they only served to show up the others by comparison.

Streams of white faces passed me, that looked the whiter because of the grease, hair, and dirt, that framed them in black. There were the faces of pale young men, with hollow cheeks and vicious leering eyes; there were the faces of old men, unshaven, with trembling bristling chins and red rum-soaked eyes; there were the faces of women that looked more ghastly because of the dashes of paint that smeared them; but, by far the worst of all, were the faces of

(Continued on page 72)

Stage Beauty Loses a Pound a Day Through Amazing New Method

Without exercise, starving, baths, massages, or any bitter self-denials or discomforts, Ziegfeld Follies beauty and Artist's model reduces to normal weight in record time.

Free proof that anyone can lose seven to ten pounds a week. Results in 48 hours.

"IN just three weeks I reduced 20 pounds—just what I wanted to—through your wonderful way to reduce. And without one bit of discomfort. I think it is perfectly remarkable."

Thus writes Miss Kathleen Mullane, Famous Artist's Model and Ziegfeld Follies Beauty, whom a well known artist referred to as "one of the most perfect types of American womanhood." Yet, as she tells us in a letter written out of sheer gratitude, it is only a short time since excessive weight threatened to blight both her artistic and stage career. For some reason, unaccountable to her, she began to take on flesh steadily. This continued until in a very short time she was 20 pounds overweight—and still increasing daily.

In alarm, she tried dieting, eating only one meal a day. This brought about a weakness that was as bad as obesity. Exercise, appliances, massage and rubber clothing were all tried, but without success.

Learns of New, Easy Method

Then came the surprise. Through another young woman who had benefited by it, Miss Mullane learned of the new, simple, natural law that has been discovered, whereby she could quickly reduce to normal weight without any dangerous starving, without patent foods, exercise or special clothing—without any painful self-denials whatsoever. It seemed almost too good to be true. But after all the discomforting and disagreeable things she had already tried, it would certainly have been the height of foolishness, she felt, if she had neglected to try this newly discovered natural method which was so simple and easy to apply.

Her own letter, quoted at the beginning of this article, tells what wonderful and speedy results she secured. In three weeks she had reduced twenty pounds. And she has no fear of ever again becoming stout, for this simple, easily-followed natural law which she has learned practically places the control of her weight in her own hands.

You, Too, Can Quickly Reduce to Normal

You can begin right now to lose as many pounds as you wish. With this method, many people have noted definite reductions within 48 hours. Another important fea-

ture of this discovery is that it enables you to control the rate of reduction. Some people arrange to reduce a pound a day or more. Others regulate the rate of reduction more slowly to prevent the necessity of great alterations in their clothes. In either case, you note that with a decrease in weight there comes a clearer skin, a brighter eye, a firmer step—a general improvement in your health.

And yet you make little change in your daily routine. You do pretty much as you please. You continue to eat food you like—in fact instead of giving up the pleasures of the table, many people say they actually increase them. All you really have to do is to follow one of nature's simple laws—in return, Nature gives all and exacts nothing.

The Secret Explained

Eugene Christian, the world famous food specialist, discovered, after years of experiment the one safe, certain and easily followed method of regaining normal healthful weight. He discovered that certain foods when eaten together take off weight instead of adding to it. Certain foods cause fat, others consume fat. For instance, if you eat certain foods at the same meal they are converted into excess fat. There is nothing complicated, nothing hard to understand. It is simply a matter of learning how to combine your food properly.

These CORRECT combinations which reduce weight, are regarded by users as so much more appetizing than the WRONG combinations that

it seems strange to them that their palates could have been so easily satisfied in the past. They approach their meals with more zest than ever, enjoy them more thoroughly. They are even able to eat many delicious dishes which they have been forced to deny themselves in the past. You, too, will be shown how to arrange your meals in such a manner that many delicacies will no longer be fattening.

Thousands of people are now eating off weight by this new method. Men who were so stout that even walking was a tax, report a rapid return to normal weight and youthful strength and energy. Stout women, who always felt tired and listless, and who had to wear the plainest and dulliest clothes because of their size, marvelled to find how simple and easy was the method by which they attained ideal weight and secured figures which look well in the daintiest, fluffiest and most stylish garments.

Free Trial—Send No Money

Elated with his discovery and with the new hope, the renewed vigor it would bring to stout men and women, Eugene Christian incorporated this method in the form of simple, easy-to-follow little lessons under the title of "Weight Control and Basis of Health." This is offered on free trial. Send no money; just mail the coupon, or a letter if you prefer.

When the course arrives, see your own unnecessary flesh vanish; see how your complexion improves, your eyes brighten, your step becomes more springy. See how it brings you charm, grace, attractiveness—all naturally and without the slightest harm. Weigh yourself. Decide how much weight you wish to lose the first week, and each



This is an actual photograph of Miss Kathleen Mullane, famous Ziegfeld Follies Beauty and Artist Model, who tells how she reduced 20 pounds in less than a month without self-denial or discomfort.

week thereafter. Then try the first lesson. Weigh yourself the next day or so and note the remarkable result. Still you've taken no medicine, undergone no hardships or self-denials. You'll be as happily surprised as the thousands of others who had quickly regained a beautiful normal figure in this new, delightful scientific way.

Although people would be willing to pay many dollars for such a safe, certain method of reducing weight, we have made our price as low as we safely can because we want as many people as possible to benefit by the new discovery. Mail coupon or letter now. The course will be mailed in PLAIN CONTAINER, and only the \$1.97 (plus postage) deposited with the postman makes it yours. Then if you are not satisfied in every particular, return it at any time and we'll gladly refund your money immediately, so you take no risk. Act today before you overlook it. Corrective Eating Society, Inc., Dept. W-271, 43 West 16th St., New York City.

Corrective Eating Society, Inc.

Dept. W-271, 43 West 16th St., New York City

You may send me, in PLAIN CONTAINER, Eugene Christian's Course, "Weight Control—the Basis of Health," in 12 lessons. I will pay the postman only \$1.97 (plus postage in full payment on arrival). If I am not satisfied with it, I have the privilege of returning it to you at any time. It is, of course, understood that you are to return my money if I return the course.

Name.....
(Please write plainly)

Address.....

City..... State.....
(Price outside United States, \$2.15, cash with order)

READ THESE RESULTS!

Reduced 40 pounds— Banished Acute Indigestion

"Had consulted doctors to get rid of my superfluous fat but without results. I weighed 200 pounds. I wrote for and applied your methods and had no trouble in quickly reducing to 160 pounds—expect to reduce to 150 pounds and then stop. My complexion has improved wonderfully—restless nights and acute indigestion have vanished. The method is so easy, no discomfort, no risk and no starvation."

MELISSA GIVINGS,
New York City.

Reduced 30 pounds— Stomach Trouble Relieved

"I reduced 30 pounds by your method without being forced to undergo the painful dieting prescribed by other methods. I enjoyed the pleasure of eating the foods my appetite called for combined according to the instructions you give. I used to have severe stomach trouble and many things I dared not eat. Now I can eat anything I please for I have no longer a touch of stomach trouble. Your method relieved me of this as well as of the excess flesh."

ELIZABETH L. JOHNSON,
Indianapolis, Ind.

Loses 16 pounds in 2 Weeks

"I am writing to let you know how pleased I am with the results so far. When I began I was 198 pounds—in two weeks I came down to 182 pounds. I am convinced I could reduce even more rapidly but don't care to reduce so fast. Will let you know in a short time how much more I have lost."

MRS. LAURA TUCKER,
New York City.

Millions Commit Slow Suicide at Their Tables!

Eating is a science few have mastered.
Millions starve to death on three square
meals a day

"The Science of Eating"

by Alfred W. McCann, the great food expert tells how millions are digging untimely graves with their knives and forks — how children and adults are needlessly dying by thousands from avoidable malnutrition right in our well-to-do homes.

—Are you poisoning yourself and your family with the food you place upon your table? Do you realize that high blood pressure, diabetes, rheumatism, constipation, tumors, cancers, Bright's disease, catarrh, pyorrhea, and dozens of other diseases are due to faulty nutrition?



ALFRED W. McCANN

Unless you know positively that the food you and your loved ones eat is correctly chosen and properly balanced, that it contains all the necessary mineral and vegetable salts, all the elements in fact that build a vigorous and robust body and a willing and active brain, you cannot afford to miss this book.

Insure stamina, endurance, vigor, strength and health by reading this vital book. You can add years to your life by making a scientific readjustment of your eating habits.

If you would avoid the drug store, physicians, useless expense and the sufferings of disease, send for "The Science of Eating" today.

Special Combination Offer

The price of "The Science of Eating" is \$3. In order to introduce the Personality Press to readers of PHYSICAL CULTURE, we will send this book and "Outwitting Our Nerves," (400 pages) another \$3 book, both for \$5.00. "Outwitting Our Nerves," by Doctors Jackson and Salisbury, is the clearest, simplest and most daringly candid book ever written on the absorbing subject of Psycho-Analysis, the new "miracle" science which is freeing hundreds from life-long handicaps to Success, Health and Happiness.

If you are well, you need these books to supply the necessary ounce of preparation to keep you fit; if your health is failing, you need them desperately. "The Science of Eating" places perfect health within your reach through the medium of a perfect diet which builds the structure of your physical being upon a rock that neither strife or the storms of modern life can shake or undermine. "Outwitting Our Nerves" explains how and why the condition of your nerves is dependent upon your sub-conscious mind and how to obtain a healthy, natural and normal state by cultivating a rational, well-balanced sub-conscious mentality.

NO MONEY IN ADVANCE

Your name and address upon the attached coupon will bring these books by return mail. Upon receipt, pay the postman \$5 and they are yours. The price separately is \$3. You take no risk as you can return the books within five days after receipt if you are not entirely satisfied and your money will be refunded.

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1974 Broadway, Suite 131, New York

Send me prepaid copies of the books checked below:

— "The Science of Eating"
— "Outwitting Our Nerves"
I will pay the postman (\$5 for both books)
(\$3 for one book)
(Check offer you desire)

on arrival. I may return the book or books within 5 days and have my money refunded if not entirely satisfied.

Name.....

Address.....

City..... State.....

(Continued from page 70)

the little children—elfish faces, anxious faces, which spoke of an unhealthy knowledge.

"How do you like your boarders?" Jenkins asked on a sudden.

"My boarders!" I cried with a start.

"Yes. Many of them are. There's one now—over there in the doorway. See her?"

Turning my head, I saw a fat old woman shuffling into a doorway a dozen paces from us. She held something wrapped up in a newspaper under her arm.

"Does she live there?" I asked.

"Not unless she's moved suddenly," said he with a grim look.

As we passed, I saw her face. It was flushed to a deep crimson. She was bending down, with a stifled groan, to tie her shoe-lace. Suddenly she stopped her downward course. Pulling the bundle from under her arm, she unwrapped it and produced a bottle. She pulled out the cork with her teeth. As she lifted her double chin and placed the bottle to her lips, I saw a cunning look creep into her small pig-like eyes. She hunched up her right shoulder, so as to conceal her treasure from the passer-by.

"She's a clever one," said Jenkins, "a mighty clever one. And what a thirst! It's barely a ten minute walk from Jake's to her place, but she couldn't even wait that long. Your tenant's quite a remarkable woman, Mr. Colgate."

"My tenant?"

"Yes. They call her 'Tessie the Thirst.' She hires one of your houses on Pell Street. Has lodgings exclusively for ladies and gents, or so her sign reads. But she's been a little short lately. We'll visit her this afternoon."

"And Jake's?"

"Jake's is another one of your possessions. It's a saloon just off the Bowery. But we turn down here. That's it."

I now found myself on a side street. It was very narrow, and strewn from curb to curb with refuse of all kinds. Sparrows, stray dogs, and dirty children, rummaged in the discarded filth, while several sad-eyed women, with shawls about their heads and infants at their breasts, looked on despondently.

"There's Jake's," said Jenkins. He pointed to a saloon about a dozen houses down the block.

As he spoke, I saw a ragged unsteady figure lurch out through the swinging doors and come staggering towards us.

"There's 'Sporty' Sam!" cried Jenkins. "He's loaded! I told him to keep away from it. Ah!—there's his wife."

The ragged man stopped before a woman who sat in a kitchen chair on the sidewalk. She had been holding her baby and attempting to read a dirty newspaper at the same time. Now the paper fell out of her hands, and the child nearly slid from her lap.

"Gimme de coin!" cried the ragged man. "I works fer it, and I wants it back."

"But it's fer de rent, Sam," the woman pleaded. "Jenkins is comin' today."

Sporty Sam advanced a dirty fist to within a foot of his wife's face. "Hell," said he, "come across wid it!"

Suddenly the woman lost control of herself. "Yer dirty bum, yer dirty bum!" she screamed.

"Come on," said Jenkins, "There's going to be trouble."

But before we could interfere, "Sporty" Sam, quite as a matter of course, struck his wife a violent blow with his clenched fist, felling her to the pavement—baby, chair, and all. Then he looked down at the convulsed heap of howling humanity with a sleepy smile, put his hand to his mouth and began to suck one of his knuckles. Suddenly he caught sight of us, and, turning, started off at a shambling trot down the street.

It was the first time that I had ever seen a woman struck. It filled me with a kind of slow horror. "I'll catch him!" I shouted.

"Wait till we help her," said Jenkins. "I can get 'Sporty' Sam whenever I want him."

By this time the struggling heap on the pavement had become disentangled. The mother, with blood running down her chin, rose to her feet. A crowd of wildly gesticulating women surrounded her.

"De big stiff! Have 'im pinched, Nell!" one of them cried.

"Sure," screamed another. "Trow a scare into 'im, and then he won't poke yer no more."

Sporty Sam's wife said nothing. She wiped away the blood with the skirt of her dress. At first she had sobbed twice, dry suppressed sobs, but now she was silent.

"Is there anything I can do, Mrs. O'Hara?" Jenkins asked, pushing his way through the crowd of women.

"So it's you, Mister Jenkins. No, there ain't nothin' youse can do."

"I'll have him sent up for this, if you say the word."

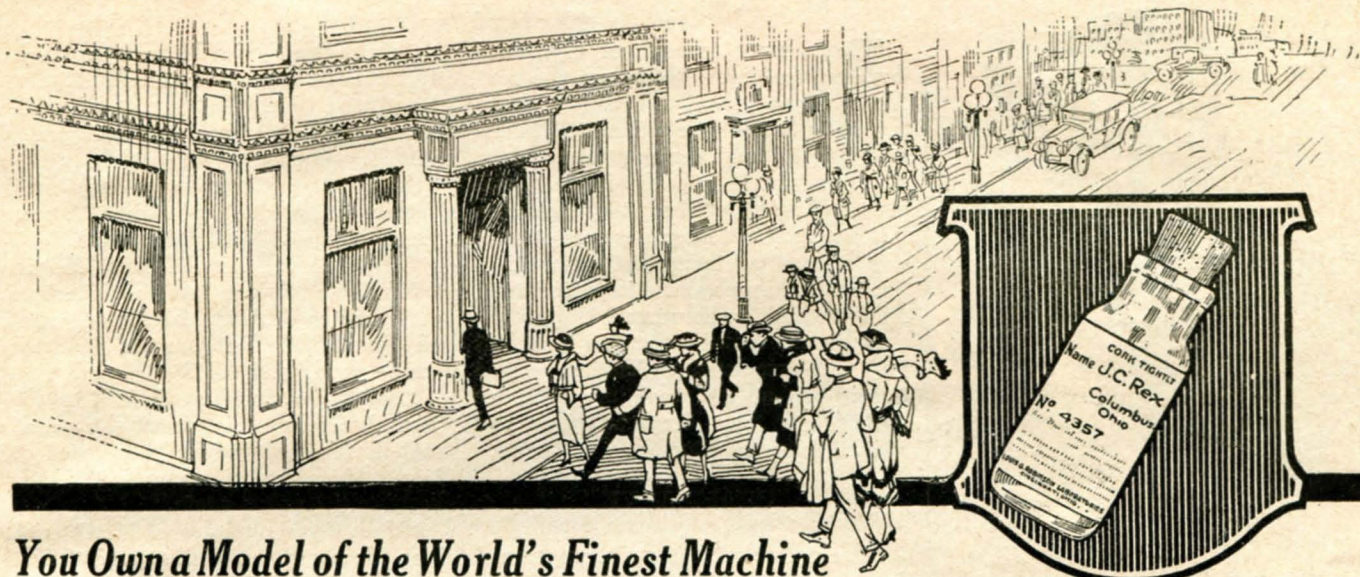
"Send him up? God!" The woman laughed deep down in her throat. "He works sometimes, and makes good money, too. Who'd pay der rent but him? I ain't good lookin' no more. No, I don't want 'im sent up."

Jenkins seemed as though he were going to pass on, then hesitated. "I almost forgot something," said he. "Have you got the rent about you, Mrs. O'Hara?"

Again she laughed—a loud rough laugh like a man's. "You forget der rent, Mister Jenkins? That's good, that is! Why, you never forgets nothin' that I knows of! Sammy can wallop me again if it makes yer forget der rent!"

The crowd of women took up the laugh, looking at each other meaningly. Evidently the lawyer's memory had won a reputation for itself.

(Continued on page 74)



You Own a Model of the World's Finest Machine

What are you doing to PROTECT it FROM DISEASE?

TRULY this is a remarkable Country—inhabited by a remarkable people—we Americans, with our fast moving, concentrated mode of living, our confining business and our strenuous social life.

Such is our existence and the strain upon our bodies—those wonderful human machines is terrific. A healthy looking race, yes, probably the most vigorous of any, but in many instances those bodies are gradually being worn down and attacked by insidious diseases. And the owner has no idea that he is not absolutely healthy and he will not be aware of his fatal condition until his case passes into incurable stages—a matter of specialists and a race against death.

HOW TO PREVENT DISEASE

The analysis of the urine is *one of the few* methods by which the actual physical condition of a person can be actually determined IN TIME to prevent organic disease of the kidneys and other organs.

The number of diseases which show up in the urine are countless, the most common of which are Bright's Disease, Diabetes, Nephritis, etc.—not so serious in their early stages but they become *fatal* if not given the *proper attention*.

Urine analysis is such a sure method of detecting disease that Life Insurance Companies risk fortunes insuring people who can take the test. Big corporations demand it of their employees—the Army, Navy and Civil Service cannot be entered without it.

PROTECTION FOR FOUR CENTS A DAY

We offer the services of a complete laboratory specializing in the examination of the urine. Each case receives the personal attention of specialists in Chemistry, Biology, Physiology and Microscopy.

We make complete chemical and microscopical examinations and detect any serious errors in your selection of food. *Errors in diet are shown by alteration in the constituents of the urine.*

After the examination is made our findings are placed

upon a report sheet and sent to you. This report also contains personal recommendations by our medical adviser for your guidance with a full explanation of the meaning of our report. We do not treat disease or prescribe medicine in any case. Generally a change in diet will be all that you need, but if conditions are serious we will recommend consultation with your physician.

The cost is only \$15.00 per year for this service. At regular quarterly intervals a neat little container will appear on your desk—marked PERSONAL with no hint as to its contents. Simply fill the bottle and return it in the same container which is addressed and stamped for its return to us. In other words, for 4 cents per day you will have experts forever on the lookout for your health. You may forget it—but the silent messenger never will—he is always there on the dot.

EXTRACTS FROM SOME TESTIMONIALS

"Health service is just as important as a cost-department or any other non-producing department."

"Health service reduces absenteeism 50%."

"Health service is a Health Inventory."

"Health service reduces insurance costs."

Commissioner of Health, New York City, recently said:—

"It is a good thing to have your urine examined periodically by someone who can advise you as to the meaning of the findings."

WANTED—AGENTS

Backed by national advertising this proposition is being easily sold by dozens of live-wire young men who are making as much as \$50 per day. Every business man is a prospect. Write today for our proposition.

FILL IN THE COUPON

—and mail it today. We will then send you our little booklet "The SURE Way to Prevent Disease" giving you more information on this matter. Or, if this little heart-to-heart talk has proven to you that you need this service—just enclose your check or money order for \$15 and you will receive "specimen bottle" for the first analysis by return mail. It will be marked "personal" with no label to disclose the nature of its contents.

Don't Delay--Do It TODAY. Your Health may be imperiled RIGHT NOW

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Cincinnati, Ohio.

Please send me full particulars about the confidential service of the Louis G. Robinson Laboratories.

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State.....



Are you a success?

Is there a job ahead of you that you hesitate to tackle? Are you afraid to ask for a raise, even though you may know you deserve it? Are there men you hesitate to go up against, or meet in competition? Have you the confidence in competition to take advantage of your opportunities?

All successful men, since the world began, have had confidence in competition—every one of them. Do you think you are giving yourself a square deal if you do not acquire confidence—the *absolute essential* to success? Do you think you are giving a square deal to the wife or mother who depends on you, or to the sweetheart who is trusting you—waiting for you to make good?

Now, has it ever occurred to you that successful business men and successful boxers have the same things in common, namely, courage, grit and determination in competition.

Why is it that a good boxer is so sure of himself? It's because he knows he can hold his own in competition.

Marshall Stillman, the expert boxing instructor of 30 years experience, has found that there is no other exercise or sport in the world that gives greater self-reliance and confidence in competition than boxing. Boxing builds you physically, of course. Boxing builds you mentally. It quickens the brain, quickens judgment, quickens decisive thinking and action. But above all, it gives that wonderful feeling of confidence and self-reliance which enables you to stand on your own feet and go up against big men and big situations.

You don't need a gymnasium, you don't need apparatus, you don't even need a sparring partner. In Marshall Stillman's unique "short-cut" course the lessons are practised right in your own home, before your mirror.

How is it that Marshall Stillman can do this? Because he understands how to teach Boxing, Self-Defense and Self-Reliance by mail. He has developed a system that quickly leads you into real boxing, until the first thing you know you are striking effective blows, ducking and feinting scientifically.

You learn the rudiments in six easy lessons. Then you are taught every good blow and guard used in the ring so that when you face your first opponent, you know what to expect and how to guard against it. Then come lessons in shadow boxing to further develop your skill, judgment, speed and courage.

The course is complete in every respect. There are 15 jiu-jitsu holds and 14 wrestling holds—how to disarm an opponent, how to break a strangle hold, etc.

The course includes an article on Mass Boxing, the latest International Sporting Club Boxing Rules, and a history of 69 great fighters, with their pictures,—Benny Leonard, Jack Dempsey, Carpentier, etc.

There are 246 illustrations. That shows how complete the course is. Yet we've kept it remarkably simple so that you may learn boxing in the shortest possible time.

Do you want to acquire courage, self-reliance, and confidence in competition? *Then learn boxing!*

To prove we are confident that the Marshall Stillman course will do all for you that we say it will, we will send you the entire course on 10 days free approval. You have 10 days from the day of its receipt in which to pay for the course or send it back. Send the coupon today. Marshall Stillman Association, 461 4th Ave., New York.

-----FREE TRIAL COUPON-----

Marshall Stillman Association

Suite 1022A, 461 Fourth Ave., New York

Mail me the complete Marshall Stillman Course. It is understood that if I am not entirely satisfied, I can return it at the end of 10 days. If I keep the course I promise to pay \$5 (Canada \$6; other countries \$7), within 10 days after I receive it.

Name.....

Address.....

(Continued from page 72)

"Come, come, enough of this," said Jenkins, flushing. "Give me the rent, Mrs. O'Hara."

Sporty Sam's wife rummaged in her apron pocket, and, drawing out a handful of silver, put it into the lawyer's outstretched hand. "Here it is," said she. "And may him that gets it need it some day as bad as them that gives it. I don't wish him no worse luck than that, fer there ain't much worse."

Again the crowd of women burst out into a hoarse laugh. Jenkins, with a quick look at me, took my arm; we pushed our way through them, and hurried down the street.

CHAPTER VI

After a five minute walk, we turned down another side street and finally mounted the rickety stoop of a small dilapidated house which stood on the right hand side of the block. Jenkins pulled the rusty door-bell; there came the noise of shuffling footsteps, and the grating of a key turning slowly in the lock. The door opened, and a round red face appeared in the aperture—the face of none other than the old woman whom I had seen taking a drink in a doorway.

"Good afternoon, Mrs. Hogan," said Jenkins. "How are you to-day?"

"Step in, step in, Mister Jenkins," said she. "There's a cruel cowl'd wind in the streets, and I'm a sick woman to be standin' in its way."

"Sick again?"

"Yes, sick again—ah! always sick," grumbled Mrs. Hogan, as she led us into her parlor. "And there's not the price of a dhrop of shpirits, not the price of a single dhrop in the house for weeks and weeks to chase the sickness away."

"What!" cried Jenkins. "No money in the house? How about your boarders, Mrs. Hogan?"

"The Levys shlid out this very day, and niver a cent they left behint them for the board that's been runnin' these two months past. It's a judgment on me fer iver openin' me doors to them Sheenys."

"And the Watsons?"

"The Watsons is it? Sure it's niver a cent they'd be havin, since ould Mr. Watson, rest his sowl fer a merry gintleman, was put in the sod.

"Then why don't you turn them out?" said Jenkins.

"I'd be throwin' 'em out quicker than dirty wather were it not for the sad and sorrowful looks of thim. They remind me of whin I was a new widdier woman meself, and niver a smile I got from the world at all. It's me heart, Mister Jenkins. It's too big, or I'd be rowlin' in riches this minute."

"Your feelings do you credit, Mrs. Hogan," said Jenkins coldly, "but I can't let them interfere with my client's interests. I must have the rent, or—". He shrugged his shoulders with a significant gesture.

"Shure thin," cried Mrs. Hogan quickly, "I'll be turnin' thim out since it must be. But, oh Mister Jenkins, it wrings me heart to do it because of the pretty genteel young lady!"

"A pretty young lady, eh?" said Jenkins raising his eyebrows. "A very pretty young lady, Mrs. Hogan?"

"He, he, he," giggled Mrs. Hogan. "Did I iver think to hear the loike from you, Mister Jenkins, that is so cowl'd and harrd-like! But you min is all the same—young and ould."

"Seeing that you have decided to give your boarders their walking papers," said Jenkins, "it might be as well to have us with you while you do it. Your heart might soften again."

"Hear the sly tongue of him!" cried Mrs. Hogan with a wink at me. "What a bad bowld man! Awantin' to see the pretty young lady! Foller me close thin, Mister Jenkins and friend, and I'll lead yer to the pretty young lady loike anny good fairy out of a sthory book."

She led us out into the hallway, and started to ascend the rickety staircase with many a backward glance and shake of her head. "Thim stairs, thim cruel stairs!" she gasped as she reached the top. "May the divil, what made thim, break his back on thim one day! They ain't fer a dacent woman to be usin', and I'm tellin' yer that straight, Mister Jenkins!"

"They aren't," Jenkins agreed grimly, "unless the decent woman pays her rent, Mrs. Hogan."

"Crude and harrd, crule and harrd!" the old Irish woman muttered. "Min, the craythurs, take the best of us and lave the worst. I seen the day, Mister Jenkins, whin you'd have let the rent go fer a smile from Mamie Malone that was, and now is ould Mrs. Hogan. Laugh if yer want, but thim was the days whin the lads was lickin' their chops afther me loike so many dogs behint a butcher's wagon."

She had stopped before a room on the second landing. Opening the door, she ushered us into a bed-chamber so small that I had an uncomfortable feeling that the walls were shrinking towards me. It was so dark that I could see nothing.

"How's this?" cried Mrs. Hogan. "Sure the place is as black as the pit of Hell! What's the raison fer this, Mrs. Watson?"

"I broke the window by mistake," said a girl's voice. "Mother was cold and—"

"So you bruk the winder, Miss Watson! You, a big lump of a girl, that should be a bringin' home money to yer Ma, breakin' me winders fer recreation the while! Is it ter hear the glass fall or what, yer misguided—?"

"Indeed, indeed it was an accident, Mrs. Hogan. I was sweeping the room and the handle of the broom did it. Honest it did, Mrs. Hogan."

(Continued on page 76)

Do You Want \$200 a Week?

The Amazing Story of How Carl A. Rowe Jumped from \$200 to \$1000 a Month

My name is Rowe—Carl Rowe. I live in a small city in New York State.

I am going to tell you an amazing story about myself. It may seem too strange to believe, but you can easily verify everything I have to say.

Two years ago I was a baker. I was struggling along, trying to make the money in my pay envelope meet the increasing expenses of our family. There was no prospect for the future.

Today, just two years later, I am a successful business man. I have plenty of money for all the things we need and want. Last month I made \$876 during my spare time, and was able to put \$200 a week in my savings account.

And I'm going to tell you how it happened.

Please remember that two years ago I had no surplus cash. I was in the same fix as nine out of ten other men. Expenses were constantly mounting and my salary, although it had increased, could not keep pace with the cost of living. My wife had to do without things that I knew she ought to have. We wanted an automobile, but we couldn't afford it. We wanted to buy our own home, but couldn't afford that.

It made me desperate to think of what might happen if I became sick or lost my job. I worried about it, and so did my wife. We were living from hand to mouth, and we didn't know what calamity and hardships might be lurking just around the corner.

And yet—today—I own our nine-room house. I have an automobile. I have money for books, the theater, or any other pleasures that I may want. I have the cash today to educate my son and send him through college.

Here is how it happened. One day in glancing through a magazine I read an advertisement. The advertisement said that any man could make from a hundred to three hundred dollars a month during his spare time.

I didn't believe it. I knew that I worked hard eight hours a day for \$50 a week, and I figured that no man could make that much during a couple of ours a day spare time.

But as I read that ad I found that it pointed to men who had made that much and more. In the last paragraph the advertiser offered to send a book without cost. I still doubted. But I thought it was worth a two-cent stamp, so I tore out the coupon and put it in my pocket, and the next day on my way home from work I mailed it.

When I look back to that day and realize how close I came to passing up that ad, it sends cold chills down my spine. If the book had cost me a thousand dollars instead of a two-cent



CARL A. ROWE

stamp, it would still have been cheap. All that I have today—an automobile, my home, an established business, a contented family—all these are due to the things I learned by reading that little eight-page booklet.

There is no secret to my success. I have succeeded, beyond any dream I may have had three years ago, and I consider myself an average man. I believe that I would be criminally selfish if I did not tell other people how I made my success.

All the work I have done has been pleasant and easy, and withal, amazingly simple. I am the representative in this territory for a raincoat manu-

facturer. The booklet that I read was one issued by that company. It tells any man or woman just what it told me. It offers to anyone the same opportunity that was offered to me. It will give to anyone the same success that it has brought to me.

The Comer Manufacturing Company are one of the largest manufacturers of high-grade raincoats in America; but they do not sell through stores. They sell their coats through local representatives. The local representative does not have to buy a stock—he does not have to invest any money. All he does is take orders from Comer customers and he gets his profit the same day the order is taken. Fully half of my customers come to my house to give me their orders.

My business is growing bigger every month. I don't know how great it will grow, but there are very few business men in this city whose net profit is greater than mine, and I can see only unlimited opportunity in the future.

* * *

If you are interested in increasing your income from \$100 to \$1,000 a month and can devote all your time or only an hour or so a day to this same proposition in your territory, write The Comer Manufacturing Company at Dayton, Ohio. Simply sign the attached coupon and they will send you the eight-page booklet referred to by Mr. Rowe and full details of their remarkable proposition.

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Gentlemen: Please send me, without obligation on my part, copy of your booklet and full details of your proposition.

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Dr. Lawton
using his Fat
Reducer



Dr. Lawton,
February, 1917
—weight 152
pounds—a re-
duction of 59
pounds

Dr. Lawton
October, 1916
—weight 211
pounds

Few Days Shows Reduction

NO need of being fat if you will use Dr. Lawton's FAT REDUCER. In my own case I reduced 59 pounds as my above pictures show. That was five years ago and during these years my FAT REDUCER has been reducing fat from thousands of other men and women.

I don't ask you to starve nor exercise, take medicine or treatments of any kind. All I ask is that you use my FAT REDUCER and method as per instructions and you will FIND REDUCTION TAKING PLACE in a few days; at the end of eleven days, which is full trial period, you either keep the REDUCER or return it to me complete and I will gladly refund your money.

You gently apply Reducer to fatty parts and by easy manipulation it performs a deep rooted massage which extends well down into fatty tissues. This manipulation breaks down and dissolves the fatty tissues into waste matter which is then carried off by the elimination organs of the body.

Dr. Lawton's FAT REDUCER is non-electrical, made from soft rubber and weighs but a few ounces. You can reduce where you wish to lose, whether 10 or 100 pounds overweight.

The cost of FAT REDUCER is \$5.00 (nothing more to buy). Add 20 cents with your remittance to cover parcel-post and insurance. Send for your REDUCER TODAY. Remember it is guaranteed. Free private demonstrations in my office 9 to 6 daily.

My free printed matter "HOW TO REDUCE FAT," mailed upon request.



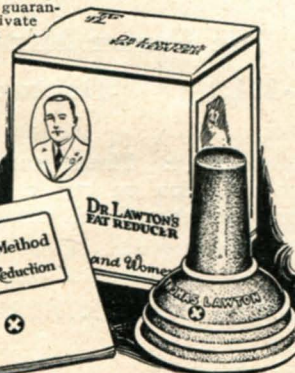
Fatty arms quickly reduced, also takes away fatty parts top of corsets and reduces fatty ankles



Reduces bust safely



Enlarged abdomens, thighs and hips reduced quickly



DR. THOMAS LAWTON

120 W. 70th St. Dept. 17 New York

(Continued from page 74)

"Yer lazy, shiftless, good-fer-naught," said Mrs. Hogan in a somewhat kinder tone, "what have yer over the winder?" "A—a piece of crepe," said the voice. "Crepe!" gasped the old Irishwoman. "Tear it out of me winder, child. Be quick! 'Tis an ill omen ter put crepe in a winder. Who'll be dead next the Lord only knows!"

I heard a slight noise. Soon the dying sun was shining through the broken window-pane, illuminating the room with a dull red light. A tall dark girl stood before us, her large eyes mirroring curiosity and fear. In one corner, before a tiny oil stove, sat a shrunken old woman with a crutch leaning against the arm of her chair.

"Well, that's cheerfuller," said Mrs. Hogan. "Now who's to pay for a new glass I'd like ter know?"

The old woman in the corner groaned dismally. Turning her body slowly from the hips, she brought her large eyes to bear on Mrs. Hogan's face. "We haven't any money," said she and, as though that quite settled the affair, turned back to her contemplation of the stove.

This evidently aroused the combative nature of Mrs. Hogan. "Yer see that what I towld yer was true, Mister Jenkins!" she cried wildly. "A month behint with the rent, and now brekin' the winders with niver a cent ter pay fer thim! And look there on the floor—just look would yer!" She bent, and picked up something.

"It's my candy," said the girl. "Give it here—it's mine." She reached for it.

"Ah ha!" cried Mrs. Hogan, waving the box frantically above her head. "So this is they what can't pay fer brekin' of winders, this is they what looks loike martyred saints when I gives thim the word ter move on, this is they—"

"What's the use of goin' on like that, Mrs. Hogan?" piped up the old woman. "What's done is done, and there ain't any way of changin' it. She's like her father, the poor man, with no more money sense than a new born child. When she's got it, you'd think it was burnin' her hand the way she lets go of it. Two hours ago I gave her my last dollar, and told her to get somethin' for supper. You see what she brought back. I was mad at first, like you, but now I ain't. What's the use?"

"I couldn't help it," the girl cried. "I just couldn't help going in and buying some chocolates—they looked so nice."

So sweet was her voice, so charming her smile, that I saw Jenkins' expressionless face light up for a moment. Even the old Irish woman showed signs of softening. Her eyes wandered aimless about the room, as though she were seeking some pretext to make a hurried exit. She suddenly became aware that the lawyer was staring at her fixedly. He stood leaning back against the wall, his hands in his pockets and a bitter smile on his far from pleasant countenance.

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By Walter Newell Weston, LL. M., Author of INTUITION, its Office, its Laws, its Psychology, its Triumphs and its Divinity

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KEEP well by drinking plenty of good rich Bulgarian Buttermilk—proved by Metchnikoff of Pasteur Institute to be of great value in overcoming auto-intoxication, the cause of most human ailments. Kay-Fir Cultures make Bulgarian Buttermilk in your home, easily. Kay-Fir Cultures are made by bacteriologists of one of America's oldest laboratories. They last indefinitely, renewal unnecessary. Send \$3.50 for Kay-Fir Culture and full directions. Money back if not satisfied.

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Eagle Rock City, Cal.

As though spurred by his sharp bright eyes, Mrs. Hogan returned to the attack with a renewed ardor.

"Thru' fer you, Mrs. Watson," she cried. "What's done is done; and the cat, be the same token, shouldn't cry whin the milk is spilt. But there's wan thing I can do— and, be the saints, I will do—I'll be askin' fer yer key and room this day!"

"But mother can't move!" cried the girl piteously. "Where could she go?"

"To the poor-house," Jenkins growled. "The poor house is good enough for her, I guess."

"But how about *me*? What am I going to do?" she asked, her large eyes fixed on the lawyer's face.

"You?" said Jenkins, stepping forward with an ugly smile. He looked her up and down with an appraising glance. "You? Why, I guess you'll get along all right."

"He, he, he," Mrs. Hogan cried. "Sure you're the divil, Mister Jenkins, wid yer sly looks and yer sly talk. But you're right enough—few min would be lettin' Eleanor starve, whin they had the price of a meal about 'em. I misdoubt that ye'd be the wan to pass her by on the street, Mister Jenkins. Now don't be gettin' red and huffy with me, Eleanor, fer it's a thrue sayin' that 'beggars cannot be choosers'."

"It's the high and mighty blood in her," cried out Mrs. Watson. "She'd be with a good job this minute if she coull forget some of the things she learned from her father. She's all for fine clothes. You know what becomes of them kind of girls, Mrs. Hogan."

"And why not?" the old Irishwoman said, with a wink at Jenkins. "What's comin' is comin', as the good book says. Where's the sense or raison of puttin' it off from day to day? Me advice to yer, Mrs. Watson, is to be alookin' about fer some man—some ouldish man, they're like to be the kinder and the aisier—and let him be atakin' care of yer daughter, mam, with the priest and the good book the ownly things missin' to make it as moral as moral can be."

Now the girl burst out weeping. She held both hands before her eyes, and the tears trickled between her long white fingers. Even the old cripple seemed moved out of her accustomed calm. Her bosom heaved convulsively, she cried hoarsely: "For shame, Mrs. Hogan! And you who knew her poor dead father!"

"Sure I thought it was all fer the best, Mrs. Watson, Mrs. Hogan muttered.

From the first I had been attracted to the girl. The childish innocence of her large hazel eyes, the regularity of her features, the perfect symmetry of her tall well made figure, would have attracted any young man. But there was something else that held me. I felt sympathy for her. She appealed to me, as long ago the hunted creatures in the forest had appealed to me. She was as

Are You Shackled by "Repressed Desires"

PSYCHO-ANALYSIS, the new "miracle" science, proves that most people live only half-power lives because of repressed sex instincts. "Outwitting Our Nerves," the clearest, simplest and most daringly candid book ever written on this absorbing subject, is freeing hundreds from life-handicaps to Success, Health and Happiness. Send for your copy to-day.

Are you a slave to dissatisfaction, lack of confidence, a sense of being alone and shut in to yourself, doubt, anxiety, fear, worry, self-depreciation, lack of interest in outside affairs, pessimism, a fixed belief in your own powerlessness along whatever lines it may be?

These and hundreds of similar complaints are generally a matter of "nerves." Seventy-five per cent. of all cases of ill health and mental inefficiency are due to disjointed thinking. The trouble is not physical but psychic. It is caused not by lack of energy; but by misdirected energy; not by over-work or nerve depletion but by MISCONCEPTION, EMOTIONAL CONFLICT, REPRESSED INSTINCTS and BURIED MEMORIES.

Science has discovered that our sub-conscious mind—the submerged nine-tenths of the human mind—frequently behaves like a very devil within us. On the other hand, when rightly used it can become our greatest asset. An understanding of our inner self not only eradicates the difficulties that hold us back but reveals new sources of power almost superhuman.

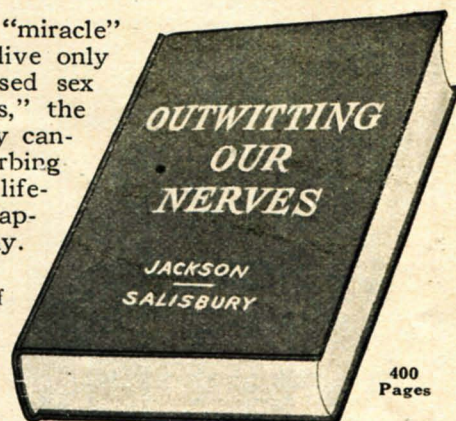
A Startling Discovery

The world is indebted to Sigmund Freud, a Viennese psychologist, for a remarkable discovery, which overshadows the discovery of radium or even electricity. In 1882 Freud began a series of experiments which led him into paths hitherto forbidden. When he reported to the world that out of hundreds of nervous patients he was unable, after the most careful analysis, to find one whose illness did not have some relation to the love life of the patient, he was met by a storm of protest from all quarters. People had been taught to look askance at the reproductive instinct and to shrink from realizing the vital place which sex holds in human life. But despite public disapproval, the scorn of other scientists and the resistance of his own inner prejudices, Freud kept on.

To-day the scientific world admits his theories were correct and that his methods will free people from obsessions, fears and physical symptoms—before which other methods are powerless!

Freud's Daring Teachings in Plain Language

Up to recently this wonderful discovery has been cloaked in mystery. Literature



on the subject was so technical and involved that it could only be understood by the professional reader.

A new book, "Outwitting Our Nerves," has just been published based upon the personal practice of Dr. Josephine A. Jackson, one of the foremost exponents of Psycho-Analysis in America. This book explains just what Psycho-Analysis is. It is written in such a simple and interesting way that Dr. Jackson's methods can be understood and practiced by any one.

What Critics Say

"There is not a glimmer of a doubt that one-half the people in the United States could read this volume with profit."—N. Y. Evening Post.

"A boon to many readers of this nerve-racked generation."—N. Y. Evening World.

"The book is clear and detailed in its explanations and cannot fail to be of intellectual, spiritual and physical stimulus."—Baltimore Evening Sun.

"Outwitting Our Nerves"

"Outwitting Our Nerves" is probably the clearest explanation that can be made of the recent startling revelations of Psycho-Analysis. Dr. Jackson during the past ten years has removed so many burdens of pain, fear and disability through Psycho-Analysis that her patients speak of her in terms of the miraculous.

A study of "Outwitting Our Nerves" will teach you how to think deeply and continuously without brain fog. You will learn how to concentrate all your powers on the work in hand without wasting time or energy on unnecessary aches and pains. Here is a book for the sick and well—for those who have broken nervously and those who would guarantee against the possibility of a nervous breakdown. Psycho-Analysis as explained in "Outwitting Our Nerves" has a stimulating message for every man and woman. You owe it to yourself and to society to use all the powers with which nature has richly endowed you. The world has no place for weaklings. Free yourself from the shackles of suppressed primitive instincts. Learn for yourself of these marvelous discoveries. Do not lose a moment in sending for this wonderful book.

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Simply fill in and mail the coupon below. It will bring you your copy of the 400-page handsomely bound book, "Outwitting Our Nerves." Pay the postman \$3.00 upon delivery of the book, with the understanding that, if not more than satisfied, you may return it within five days and your money will be instantly refunded. Mail coupon to-day—NOW. THE PERSONALITY PRESS, Suite 121, 1974 Broadway, New York City.

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is the title of my wonderful, copyrighted course. It is lavishly illustrated with beautifully posed pictures of myself (large size) and treats fully the following subjects:

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defenceless as they, and just as guiltless of wrongdoing. Soon she would be shot down by the hunter with a golden bullet. And she would not die directly—ah no, she would drag herself away, an unclean thing with a broken soul.

"I think that Mrs. Hogan is right," said Jenkins, leering at the girl.

"Come," I muttered, "let's get out of here. Can't you see that she has hysterics?"

"Lave her ter me, lave her ter me!" cried Mrs. Hogan. "I think you've bruk the heart of her with your evil worrds. Be gone, will yers, before I has ter drive yer!" She flapped her ample gingham apron at us threateningly.

In an instant the old Irishwoman had lost her conciliatory air. Evidently Eleanor's tears had overcome her fear of the lawyer. As she advanced towards us, even the cold calculating Jenkins thought it best to beat a retreat. We hurried out into the passage, and down the staircase.

When we had reached the dingy little hallway, Jenkins leered at me in the semi-gloom and muttered: "A devilish pretty girl that; eh, Colgate?"

CHAPTER VII

When we again found ourselves on the street, the early autumn dusk had fallen over the city. Dark shadows lay in this miserable alley, as though the town, so fair in some places and so foul in others, sought to hide her filth from the eyes of man with the impenetrable cloak of night.

What I had seen that afternoon had fallen on my shoulders like a heavy weight. Such scenes of squalor would have affected me at any time; but, when I realized that these men and women were living on my own property, their pitiful condition caused me actual physical pain. Degraded faces again appeared vividly before me; words, that I heard, still rang in my ears. Once more I saw Sporty Sam strike his wife—once more I saw her rising from the sidewalk with the bloody streak on her chin. I again heard her rough voice, and the bitter helplessness of it.

"May him that gets it," she had said, "need it some day as bad as them that gives it. I don't wish him no worse luck than that, for there ain't much worse."

I was the man whom she had meant; I was the man who took the little that she could save from her drunken husband; I was the man who had no need of it.

Another scene appeared before me—the young girl and her crippled mother cowering in that gloomy garret before the bleary-eyed Mrs. Hogan and the cold, calculating Jenkins. They would be turned out into the streets because of the miserable amount they owed me.

One would go to the poor house; the other to a far worse place.

Again I saw Jenkins leering at Eleanor. She had cried, and the tears had flowed between her long white fingers. But why had she cried? Was it hurt pride, or was it—? Yes, that was it. She knew that what Mrs. Hogan had said was only too true. It was the law of the jungle, and the law of the city, that she, and all other poor defenceless creatures, should feed the roaring lustful beasts that roam at night.

Jenkins, the jackal lawyer, had reached out to seize this toothsome morsel before I had intervened. If he were the jackal, then according to the standards of the city, I was the lion. I had more money, and therefore more power. The jackal had realized this, and had retreated accordingly.

But if I were the lion, then, in this jungle of a city, I would thrill to the powers of a lion. I would not, like the lion, be the king of beasts. No, I would try to be good and just—try to help my poor battered subjects by my strength.

All this flashed through my mind before we were again on the Bowery. It had scarcely taken me ten minutes to come to a determination that was to influence my whole life. The weight, which had been pressing down on my spirits, was lifted, giving place to tranquil happiness. The future was pictured before my mental vision—a long straight road with the light of Heaven shining brightly on it.

Jenkins strode on silently, giving me little curious glances like an inquisitive bird. The lights from shop windows fell on his thin face and beak-like nose, resting in his gleaming steadfast eyes. Now and then he would nod grimly as he recognized some face in the crowd—a nod that said as plainly as words: "I see you; you can't dodge me." At last we reached a familiar neighborhood.

"Well, Mr. Colgate, I'll leave you here," said Jenkins. "I've got to close up the office, and I suppose you'll want to dress for dinner."

"Very well. Thank you for the entertaining afternoon you've given me, Mr. Jenkins."

"Don't mention it," said he with a wave of his hand. "But that was a pretty girl we saw, eh Colgate? Just think,—only a crippled old mother to get rid of, a crippled old mother to send to the poor-house."

"What do you mean?" I asked.

He broke out into one of his cackling laughs, and with a final wave of his hand, turned down a side street. Soon he had merged into the other shadows of the city.

"The damned jackal!" I muttered. Turning, I retraced my steps towards the Bowery, haunted by the face of the beautiful girl, and her wonderful eyes.

The second installment of "Fighting Mad" will appear in
PHYSICAL CULTURE for February

How I Learned Music Without a Teacher

"—and remember that time you tried to play the fiddle for us!"

A roar of laughter filled the great auditorium. It was a meeting of the old high school alumni.

The current of conversation had drifted to music. With unwonted fervor I had explained, "Good music is the most beautiful thing in the world!"

"I say," laughed Ben, "remember the time you gave us some 'good music'? Do you still play the fiddle?"

The memory of that awful day brought with it a peculiarly sinking sensation. My thoughts flew back four years when, in this very same auditorium, I attempted to play the violin for the first time in public. It was my first—and my last attempt.

The huge room was filled with visitors, students and teachers. I remember the thrill I felt when I stepped before the tense, expectant audience. My head was high and I smiled confidently. Why not? Hadn't I studied violin for a whole year, with the best teachers in the town? I bowed stiffly—and began to play.

For a while, everything went fine. As I was young, I had chosen a melody of love and the sweet tones of my violin blended into a pretty harmony.

But suddenly something went wrong. Perhaps it was a note out of place; perhaps it was my trembling fingers. Anyhow, there was a dreadful discord. I came "down to earth" with a crash to find that my violin was screeching like a back-yard tom cat. In my embarrassment, the notes of the music became blurred, I lost my place, I hesitated—and stopped.

There was an ominous silence; I can still feel it. Then one of the boys laughed out-right—and for the first time in my life I longed for oblivion. A feeble attempt at applause followed, no doubt out of sympathy for me.

With bowed head and burning cheeks, I left the platform. "What have I done?" I moaned inwardly. "I've disgraced myself—I can never

face them again!"

As for the violin—I was through with it forever.

An unnecessarily sharp slap on the back recalled me to the present. "Never mind, old top," Ben was saying, "maybe you'll be able to play 'good music' some day."

I joined in the laughter that followed, but I was sick at heart. I really loved music and it hurt to be ridiculed even though the spirit was one of jest.

I Resolved to Study Violin in Secret

Even as a child, I realized the resistless charm of music. I had always wanted to play. I would play! I would study in secret and surprise them all.

Somewhere I had read about a wonderful new method of learning music without a teacher, I determined to try it.

And so I sent for the first lesson of that new easy Print-and-Picture method that has taught so many people to play music by note in such a short time.

After the first lesson, all my old ambitions returned. So simple and interesting was the study that it actually fascinated me. I entered into the spirit of the thing with a newborn enthusiasm, with a thrill of joy at the surprise I would soon create. Thus my delightful lessons continued, each day preparing me for the brilliant triumph to come.

And it came! At the next alumni meeting I played—played to the vast audience that packed the auditorium. It was a song of triumph—a glorious, exulting melody that sent my very spirit to ineffable heights. Oh! it was superb! The deafening applause was ample recompense for that other awful day. At last I had reached my goal—I had played "good music."

I could go on and on telling you about music's hidden soul and how its wonders were revealed to me, brightening my life and the lives of those around me. But I have been asked only to tell you about how I learned music without a teacher and to enable you to profit by my experience.

FOR BEGINNERS OR ADVANCED PUPILS

Piano	Cornet	Sight Singing
Violin	Flute	Guitar
Organ	Saxophone	Ukulele
Drums and	Cello	Harp
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Through this wonderful method you can easily and quickly learn to sing or to play your favorite musical instrument. The cost is low—averaging only a few cents a lesson.

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Name of Instrument or Course

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Thousands Write Like This:

"I am delighted to tell you how I am getting on with my lessons. Everything is so plain. I had been going to a teacher for about two months and could not seem to learn a thing. But how quick I understand your lessons."—Eliza Logan, Philadelphia, Pa.

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"Our little girl has been elected organist of the Junior Epworth League of M. E. Church, South, after taking your lessons—and at the age of 12 years. That is speaking well for your school."—J. G. Castle, Fulton, Mo.

"Have learned more about music and playing in the four lessons I received from you than I expected to learn in six months."—U. S. Whitman, Washington, D. C.

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For Boys and Girls Also

More Epicurean Than Ever

(Continued from page 38)

tragedies. Here is the Hospital Custard:

- One pint unskimmed milk
- Two eggs
- One-fourth cup sugar (scant)
- One-half teaspoon vanilla
- Bake in custard cups.

One day my Doctor Man came for another chat. He had traveled lots and I loved his talks. He told of a high plateau in Central France, gray and solitary. Of watching the sheep feed on a certain herb that grows along its chalky cliffs. Of the Roquefort cheese made from their milk, and of the particular flavor given to the cheese by this herb. That the sheep's milk was coagulated by an acid taken from the stomachs of new born calves. That the green veining in the cheese was a mass of infinitesimal mushroom growth. That nature had made this cheese a wonderful addition to one's diet, especially in tissue-building and as a digestive aid.

He told of a "Cure" in Germany where people with intestinal and stomach trouble go and eat Roquefort cheese three times a day. So I added Roquefort cheese to my diet. But Heaven forbid, not in the mornings. I liked the cheese best with a light diet and plenty of vegetables.

Then came a day, as all good story tellers say, when the snake entered Eden. I got FAT. Our family grew horribly fat. My first memory of my grandmother, whom I resemble, was of thinking that she looked like a baby elephant. And I said to myself, "When I grow up I will not be fat." At sixty my five foot grandmother weighed over two hundred pounds. Three times a year the whole family helped make her ready for a visit to her sister who lived across the town. We all heaved and pushed her into an old-fashioned phaeton and our colored man drove her there. We children and the family dog ran gaily along the side-walk, following the phaeton, gathering all the other children and dogs as we went. At the journey's end we noisily boosted grandmother into the house. She and her fat sister sat and rocked all afternoon, looking at each other over their seven chins and mountains of fat, consuming quantities of tea, loaded with cream and sugar and great slabs of cake.

So I was like the bear who "walked right in, turned around and walked right out again." I had to "un-diet." It's as hard to refrain from eating when you are famished as it is to eat when you are not hungry.

I think PHYSICAL CULTURE was the first magazine to publish the setting up exercises the army used later. I started in on these exercises carefully at first. Then cut on the fat making diet as much

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Magnificently situated near the mountains, and above the sea fogs; among orange groves and vineyards. No malaria or mosquitoes. Fasting, milk diet, hydrotherapy, neurotherapy, and diagnosis from the eye. Grape and orange cure (in season). Open air exercises. Sun baths every month in the year. Macfadden's and Lindlahr's methods used. Write for circular.

Does Tobacco Harm You?

The entire subject of tobacco is thoroughly covered in **BERNARR MACFADDEN'S** new book

The Truth About Tobacco

just now finished after years of investigation, experiment and study is of vital interest to you if you are a smoker, or if some one near and dear to you smokes. Probably no acquired habit of the human race, with the possible exception of the use of alcohol, has been subjected to as much argument, pro. and con. as the use of tobacco. Millions maintain that tobacco is harmful while other millions contend that it is harmless. And while they all undoubtedly feel very strongly upon the subject, very few among them have been able to substantiate their opinions by the statement of exact knowledge because there has been no source from which exact, scientific knowledge could be obtained.

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Bernarr Macfadden through the vast facilities at his command has turned the cold, white, unprejudiced light of science upon tobacco. He has analysed it; he has analysed the smoke from it that is drawn into the human throat and lungs. He has traced every action and every reaction that each of the chemical elements constituting tobacco smoke has upon the human system so clearly, so surely that when you finish reading the chapters upon the effect of tobacco you know that tobacco is harmful and you know why it is harmful.

How to Break the Habit

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Gentlemen:—Enclosed find \$1.00 for which please send me a copy of Bernarr Macfadden's new book "The Truth about Tobacco." It is understood that if for any reason I am not entirely satisfied with it I may return it within 5 days after receipt and my money will be promptly refunded.

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When you have learned the real effect that tobacco has upon you, you will want to stop smoking. And to discontinue the habit will not be hard when you put into practice the simple rules that Mr. Macfadden lays down in the final chapters of his remarkable book. Probably sometime in the past you decided to quit and the chances are that you did quit, only to resume after a few days had passed. By conforming to the rules Mr. Macfadden gives you, the same amount of effort you expended without success should enable you to come thru with flying colors, the victor over a habit that is harmful, expensive, unsanitary and distasteful to many of your friends.

MOTHERS AND SWEETHEARTS: If you feel that someone in whom you are interested is injuring himself with tobacco, simply place this book where it will come to his attention and the probabilities are that it will have the desired effect. It is certainly worth the trial. Heavily bound in cloth, this invaluable book is priced at only \$1.00. Mail the coupon now while the impulse is still upon you.

as I dared, using less starch and sugar, eating less each meal than I wanted. This is a slow method of reducing, but safer than other plans. Fat people do not need heavy food every day. When accustomed to the setting-up exercises and the reducing diet a splendid way to reduce more quickly is to set aside every third day and not eat. Just drink three or four glasses of skimmed milk. The day you drink the milk you will lose. The day you eat you will gain, but each time all the weight lost is not regained, and gradually and safely, which is most important, you will be able to keep to the weight you want without injury to your health. If you care to keep your figure, and I do, it is easy to weigh not over one hundred and thirty-nine pounds, for a height of five feet four inches.

People said I should not care how fat I grew, now that I was well and could eat. I said, "If you had ever seen my grandmother you would *never* eat again."

Good health is our natural heritage, and it is a liberal education to know why we eat certain foods and why they are not always what we need. For instance the serving of too much beef. Beef is found lacking in salts because the bones are not used. So I make a clear soup of bones only. Boil shank bone and the bones of rib roast from steak, etc., the best part of a day, salt and pepper, strain, add can of tomato puree, boil, strain and season to taste. Most sick people like this and it is nice served with a heavy meal if one wants soup. My family do not, as my menus show.

The way food is cooked, garnished and served; the lovely table, pretty silver, the Happy Family who refuse to bring care or worry to a dinner table are factors equally as important as calories and vitamins to me. It's our unwritten law that no unpleasant subject be discussed at meal time. This fact alone would make a feast of husks.

Some people say it is harder to be denied sugar than any one article of food. Our boys found that out during the war. We also found its hardships when we gave up all sugar in our homes that we might bake cakes for the boys who passed through our canteens. Most of us had sent our boys to France, so we madly baked cakes during the general movement of troops from the cantonments to Europe. Each woman baked enough of her special dainty to care for one coach, usually what her boy loved best. Mine were little tea cakes that were called:

"DONNIE DROP CAKES"

Half cup butter
Two whole eggs (one yolk) (beaten separately)
One cup sugar
One and three-fourth cups pastry flour
Half cup milk
Two teaspoons baking powder
Teaspoon vanilla

We sold her first story to Thomas H. Ince

Yet ELIZABETH THATCHER never dreamed she could write for the screen until we tested her story-telling ability. Will you send for the same test—FREE?

ELIZABETH THATCHER is a Montana housewife. So far as she could see there was nothing that made her different from thousands of other housewives.

But she wrote a successful photoplay. And Thomas H. Ince, the great producer, was glad to buy it—the first she ever tried to write.

"I had never tried to write for publication or the screen," she said in a letter to the Palmer Photoplay Corporation. "In fact, I had no desire to write until I saw your advertisement."

This is what caught her eye in the advertisement:

"Anyone with imagination and good story ideas can learn to write Photoplays."

She clipped a coupon like the one at the bottom of this page, and received a remarkable questionnaire. Through this test she indicated that she possessed natural story-telling ability, and proved herself acceptable for the training course of the Palmer Photoplay Corporation.

And Thomas H. Ince bought her first attempt

Only a few weeks after her enrollment, we sold Mrs. Thatcher's first story to Mr. Ince. With Mr. Ince's check in her hands, Mrs. Thatcher wrote:

"I feel that such success as I have had is directly due to the Palmer Course and your constructive help."

Can you do what Mrs. Thatcher did? Can you, too, write a photoplay that we can sell? Offhand you will be inclined to answer No. But the question is too important to be answered offhand. Will you be fair to yourself? Will you make in your own home the simple test of creative imagination and story-telling ability which revealed Mrs. Thatcher's unsuspected talent to her?

Send for the Van Loan questionnaire

The test is a questionnaire prepared by H. H. Van Loan, the celebrated photoplay-

wright and Prof. Malcolm MacLean, former teacher of short-story writing at Northwestern University. If you have any story-telling instinct

at all, send for this questionnaire and find out for yourself just how much talent you have.

We will be frank with you. The Palmer Photoplay Corporation exists first of all to sell photoplays. It trains photoplay writers in order that it may have more photoplays to sell.

With the active aid and encouragement of the leading producers, the Corporation is literally combing the country for new screen writers. Its Department of Education was organized to produce the writers who can produce the stories.

The Palmer institution is the industry's accredited agent for getting the stories without which production of motion pictures cannot go on. Producers are glad to pay from \$500 to \$2000 for screen stories.

Not for "born writers," but for story-tellers

The acquired art of fine writing cannot be transferred to the screen. The same producer who bought Mrs. Thatcher's first story has rejected the work of scores of famous novelists and magazine writers. They lacked the kind of talent suited for screen expression. Mrs. Thatcher, and hundreds of others who are not professional writers, have that gift.

The Palmer Photoplay Corporation cannot endow you with such a gift. But we can discover it, if it exists. And we can teach you how to employ it for your lasting enjoyment and profit.

We invite you to apply this free test

Clip the coupon below, and we will send you the Van Loan questionnaire. You will assume no obligation. If you pass the test, we will send you interesting material descriptive of the Palmer course and Service, and admit you to enrollment, should you choose to develop your talent. If you cannot pass this test, we will frankly advise you to give up the idea of writing for the screen. It will be a waste of their time and ours for children to apply.

Will you give this questionnaire a little of your time? It may mean fame and fortune to you. In any event, it will satisfy you as to whether or not you should attempt to enter this fascinating and highly profitable field. Just use the coupon below and do it now before you forget.

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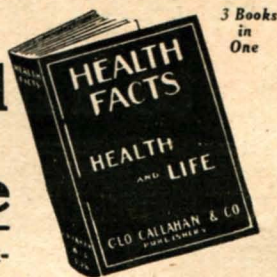
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BRILLIANT FACULTY EXCELLENT EQUIPMENT

Half cup English walnuts (shaved thin)

The icing was what the boys loved best.

Here's the recipe for it:

Beat together white of one egg and half cup of double cream whipped, three or four mashed strawberries, enough powdered sugar to make a thick icing to heap on top of each little cake. Set a big strawberry on this icing.

We would take these to the train and oh, boy!! Once my coach pulled out and one boy could not reach his cake. I was standing there weeping because that boy looked like my Don, when I felt a ruffian grab my arm. I turned to find my husband telling me that ten thousand boys had passed through that week and every one of them had looked like my Don. He ordered me to get into the machine and get home while the getting was good.

Breakfasts are hard to plan when your family refuses to eat but one thing. Two of us eat toast, milk and some kind of fresh fruit, and two eat shredded wheat, cream and fruit. I buy a quart of double cream every other day and a quart of milk each day. I think it more than pays for itself in the food value and the saving in meat.

Never send your family away in the morning with the memory of a messy table. This was brought home to me with great force last Spring a year ago, when one of my boys returned from two years abroad. Coming directly through from New York, his first meal in a home in all that time was his breakfast here. He looked around the dining room in a dazed way, then came and put his head in my lap and cried like the big six-foot baby he was. He wore a saucy little black mustache, and he wore

"A 'Belt'—a Sam Browne Belt

Like all the Shave Tails wear."

I said, "What's the matter, Sweet One," and he answered, "Auntie May, it's the lace doilies and that cherry on the grape fruit, those sweet peas and the sun shining through the casement windows. Auntie May, it always rains in France." Could one plan a better breakfast? Love, lace doilies, grape fruit, sweet peas and sunshine. I hate to come back to earth, because I love this sob-session, but we had ham and eggs too.

All this is the prelude to what I consider practical, wholesome living. Each of the things I have told in some way touched some one's heart strings and helped some one to better health or more happiness. And health and happiness are the foundation rocks upon which we build our lives.

I do not think a week enough time to establish a practical schedule for living. With the endless varieties of food, and the thousands of ways of making it attractive, a meal need not be repeated in two or even three weeks. Some people say it is drudgery to prepare so many changes, but I hold that nothing is

drudgery that is lovingly and skilfully done.

We children used to play a game which was really a battle of strength. We were wolves—fierce ones, barricaded in a house. We would say to a little girl, "If you don't let me come in I'll whoof and I'll poof 'till I blow your house in." If we were the kind whose mothers fed us oatmeal and lots of milk, wore gingham dresses in the mornings, and the other wolf wore curls and white dresses and ate syrup and pancakes for breakfast, we generally did whoof and poof her house in.

I'm doing everything but start in on a practical menu, as I dread the storm of criticism that follows anyone's honest opinion upon the Ideal Diet. But here goes—

Saturday Morning:

I make mayonnaise and French dressing, bake some brown bread and doughnuts. Make acidulated gelatine, half tomato aspic, half orange jelly. Then I make old-fashioned noodles, like my mother made.

Saturday Night:

Pin bone steak, the tough end ground, placed in slits made on each side the T-bone, broiled with the steak. French fried potatoes, head lettuce with French dressing, bread, butter, jelly, coffee and doughnuts.

Sunday Noon:

Stewed chicken, mashed potatoes, cranberry jelly, baked corn pudding, whole wheat muffins, fruit salad (for dessert).

A chicken on Sunday reminds me of the theme in Grand Opera. It runs through the whole week's performance. Just when we have forgotten we ever had a chicken up bobs the theme in the form of some noodle-soup, a bit of salad, or rice and chicken croquettes.

Sunday Night:

A supper party for eight.

Stew a half-pound of young calves' liver with the left over chicken. Save the giblets, calves' liver and chicken breast, cut in thin slices, and slice a medium sized Bermuda onion in ice water. You are making a dish a Chinese chef taught me, called "Yacca Mein." Cook the noodles in plenty of chicken broth for twenty minutes. Ladle with enough broth to cover, into your chafing dish, season with salt and a teaspoon Worcestershire sauce. Drain onions and put over the noodles, then the sliced giblets and chicken, paprika over the top. Heat again 'til the onions are hot.

With "Yacca Mein" serve brown and white bread sandwiches, head lettuce and our best loved dessert, an orange and whipped cream cake. It's a velvety sponge cake with orange hard sauce between the layers, and whipped cream over the outside. We serve this on a big silver platter with unpeeled sliced oranges with orange jelly and little dots of the cream on the slices all around the cake. Black coffee made on the table in an electric pot.

NERVOUS AMERICANS

By Paul von Boeckmann

Lecturer and Author of numerous books and treatises on Mental and Physical Energy, Respiration, Psychology, and Nerve Culture

We are the most "high strung" people on Earth. The average American is a bundle of nerves, ever ready to spring into action, mentally and physically. The restless energy of Americans is proverbial.

We may well be proud of our alert, active, and sensitive nerves, as they indicate the highest state of civilization, courage, ambition, and force of character, but this high nerve tension has not been without its grave dangers and serious consequences. Neurologists agree that we are more subject to nervous disorders than any other nation. Our "Mile a Minute Life" is tearing our nerves to shreds and we are deteriorating into a nation of Neurasthenics.

Since the Nervous System generates the mysterious power we term Nerve Force, that controls and gives life and energy to every muscle, every vital organ, every drop of blood and cell of the body, nerve exhaustion necessarily must result in a long train of ailments and weaknesses.

The noted British authority on the nerves, Alfred T. Schofield, says: "It is my belief that the greatest single factor in the maintenance of health is that the nerves should be in order."

How often do we hear of people running from doctor to doctor, seeking relief from a mysterious "something-the-matter" with them, though repeated examinations fail to indicate that any particular organ is weak or diseased. In nearly every case it is Nerve Exhaustion—Lack of Nerve Force.

The symptoms of nerve exhaustion vary according to individual characteristics, but the development is usually as follows:

FIRST STAGE: Lack of energy and endurance; that "tired feeling," especially in the back and knees.

SECOND STAGE: Nervousness; sleeplessness; irritability, decline in sex force; loss of hair; nervous indigestion; sour stomach; gas in bowels; constipation; irregular heart; poor memory; lack of mental endurance; dizziness; headaches; backache, neuritis; rheumatism, and other pains.

THIRD STAGE: Serious mental disturbances; fear; undue worry; melancholia; dangerous organic disturbances; suicidal tendencies, and, in extreme cases, insanity.

If only a few of the symptoms mentioned apply to you, especially those indicating mental instability, you may be sure your nerves are at fault—that you have exhausted your Nerve Force.

Nerve Force is the most precious gift of nature. It means everything—your happiness, your health, your success in life. You should know all there is to learn about your nerves—how to relax, calm, and soothe your nerves, so that after a severe nerve strain you can rebuild your lost Nerve Force, and keep yourself physically and mentally fit.

I have written a 64-page book which is

pronounced by students of the subject to be the most valuable and practical work ever written on nerve culture. The title of the book is "Nerve Force." It teaches how to soothe, calm and care for the nerves. The cost is only 25 cents (coin or stamps). Address Paul von Boeckmann, Studio No. 9, 110 West 40th St., New York.

The only way to judge the value of this book is to read it, which you may do at my risk. In other words, if after applying the advice given in this book it does not meet your fullest expectations, I shall return your money, *plus* the outlay of postage you may have incurred. I have advertised my various books on health, breathing and other subjects in this and other magazines for more than 20 years, which is ample evidence of my responsibility and integrity. Over a million copies have been sold.

You should send for this book to-day. It is for you whether you have had trouble with your nerves or not. Your nerves are the most precious possession you have. Through them you experience all that makes life worth living; for to be dull nerved means to be dull brained, insensible to the higher phases of life—love, moral courage, ambition and temperament. The finer your brain is, the finer and more delicate is your nervous system, and the more imperative it is that you care for your nerves. The book is especially important to those who have "high strung" nerves and those who must tax their nerves

to the limit. The following are extracts from letters from people who have read the book and were greatly benefited by the teachings set forth therein.

"I have gained 12 pounds since reading your book, and I feel so energetic. I had about given up hope of ever finding the cause of my low weight."

"Your book did more for me for indigestion than two courses in dieting."

"My heart is now regular again and my nerves are fine. I thought I had heart trouble, but it was simply a case of abused nerves. I have reread your book at least ten times."

A woman writes: "Your book has helped my nerves wonderfully. I am sleeping so well and in the morning I feel so rested."

"The advice given in your book on relaxation and calming of nerves has cleared my brain. Before I was half dizzy all the time."

A physician says: "Your book shows you have a scientific and profound knowledge of the nerves and nervous people. I am recommending your book to my patients."

A prominent lawyer in Ansonia, Conn., says: "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly and am gaining weight. I can again do a real day's work."

Note: Prof. von Boeckmann is the scientist who explained the nature of the mysterious Psychophysic Force involved in the Coulon-Abbot feats; a problem that had baffled the leading scientists of America and Europe for more than thirty years, and a full account of which has been published in the March and April issues of Physical Culture Magazine.

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Monday:

The usual Blue Monday. We are in luck to get an egg sandwich at noon with stewed fruit. At night the tale grows more sad. A dab of noodles, any leftover vegetables, the poorer parts of head lettuce with tomato jelly and perhaps a little cream cake left. In fact, by Monday night we have everything eaten but the dishes.

Tuesday Night:

Roast fresh shoulder of pork, spinach and riced egg, candied sweet potatoes, whole wheat bread, jelly, cereal coffee and pumpkin pie.

Wednesday Noon:

Toast and bacon sandwich, rice and raisin pudding, tea or milk.

Wednesday Night:

(No meat). An omelet served with peas, baked potatoes, whole wheat bread, jelly, cabbage salad, Kaffee Hag, prune pudding with graham crackers. Spread with jam, make an icing of butter, vanilla and powdered sugar; use sandwich-like between crackers.

Thursday Noon:

Spaghetti and cheese, a salad of spinach left from Tuesday dinner, raisin bread and milk.

Thursday Night:

Croquettes, (from Tuesday's roast), baked potatoes, asparagus tips on lettuce, and a dessert made of the last of the orange jelly, slices of banana, lady fingers and whipped cream.

Friday:

Kind Providence sent us a gift of a big fat young goose. We were so excited, I think we forgot to eat lunch. Anyway we decided to have what we call an "Everybody-work Party." We only keep a maid part of each day. When we especially want extra help she informs us that her "I Will-Arise" lodge meets that night. We had felt that the goose deserved a stylish party, but the maid's departure changed things. Here is our menu and how we served it for eight:

Oyster cocktail and crackers served from the tea wagon in the living room, that the dinner might be on the table when the guests reached the dining room. The goose was served at one end of the table on a large platter with a border of boiled onions and around the onions young turnips, cooked, hollowed out and filled with peas, also mashed potatoes and cranberry jelly. At the other end of the table a big silver platter held "Delicious" apples, curled celery, head lettuce and shelled nuts. Each man made Waldorf Salad for two people and we let him choose whether he had his salad with his dinner or later. Almost always men want salad with a dinner. The tea wagon had been cleared and held the material for our dessert and the coffee ready to make. We served peach melba. One pint of vanilla ice cream was in a wide mouth thermos bottle, the halves of peaches in the glasses ready



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for the spoon of ice cream and the peach syrup and Melba sauce.

I am using this week's menu with its two little parties to show how hospitable people can be without a lot of money or a lot of help. So much depends upon our imagination and our view-point that I find it hard to go into this so personally. Some people will say, "I cannot afford to live that way," while others will say, "I would starve on so little food." The food in these menus will in most cases constitute a well balanced meal. We could add here or cut there and still have a nourishing and attractive diet.

The cost of food, especially now, is always uppermost in our minds. Careful marketing is the most important factor in keeping bills down. I go to market, select and bring home all the food we use, and have found by actual comparison with former bills that I save at least twenty per cent. My husband, two young men and I plan to spend \$20.00 apiece each month. That includes everything we eat. On that amount we cannot have two parties each week or even one every week, unless the cut in the food supply for the rest of the week is too marked to be advisable. Again the menu can be cut from fifteen to twenty per cent. if one wants to spend less, without, in my opinion, destroying its food value.

Personally, I do not care for nearly as heavy a diet as given. If I did, I'd look like a whole flock of elephants. But my men work hard and are hungry—on this diet they keep strong and well, straight and slim. Fortunately for me, I'd rather cook than eat.

When spring is here it is time to cut on the meat supply and give our kidneys a rest. Use more omelets, broiled mushrooms, and fresh asparagus.

No discussion of diet would be complete to me if we did not talk of the sin of over eating and drinking. More people die from over feeding than from improper or under feeding. I know people, normal eaters, most of the time, who deliberately plan every so often to eat till they can't shut their eyes. They are lazy people usually, irritable, half well and half sick, too fat or too thin; people who are always talking of impaired digestion, headaches and nerves, who keep the rest of the family eating more than they need, so the indulgent one won't be ill. When I see this class I always think of a savage tribe in Africa, who make an intoxicating wine of sugar-cane and decide to have one grand ball and eat and drink themselves into a state of coma. The day of the party each man sticks a feather in his hair and struts around the village to let his wives know it is his club night. Then his favorite wife, knowing what will happen in the cold gray dawn of the morning after, coaxes to go to the party. If he loves her devotedly he takes her and she eats and drinks half his portion

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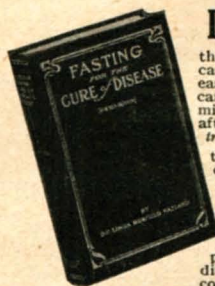
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Man no longer recognizes instinct in matters affecting health. Instinct has been replaced by reason and reason is often wrong. Humanity has departed from the ways of nature and is paying a terrible price in sickness, disease, in misery and in death.

Nature is inexorable to those who break her laws but she is not vindictive. Even in the eleventh hour you can turn to her for help and get it, and in no way can she help you more than through the fast.

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- Epilepsy
- Ear Troubles
- Eye Troubles
- Headache
- Heart Disease
- Insomnia
- Impotency
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so he won't have such a head the next day.

The "Why" of any subject is to me always the hardest part to tell; for the answer is invariably "Because." I think the Ideal Diet is one that has no aftermath of regrets, one that is rational and discretely curbed or gently encouraged as the case may be; that keeps one well and smiling, happy and contented; that helps one to grow old feeling young; that matures the growing body; that puts the spring of youth in your body and real spring in your heart.

What Would You Do in This Case?

(Continued from page 54)

Obviously, the problem is a personal one for individual solution. It is clear also that voluntary maternity is a matter of desire and purpose rather than of financial capacity, because so many of those living on the scale of ten thousand dollars a year and upwards, who can certainly afford to have children, are conspicuously among the intentionally childless. It is true that all well-balanced persons are more or less prudent in this matter, choosing to be financially well-equipped for undertaking the burdens of parenthood before assuming the responsibilities. And yet if you will look around among the families in your own community or in any other community, you will see that childless homes do not seem to prosper in such an extraordinary degree as compared with those having two or three children. Not that children do not cost money, because they cost quite a lot of money these days. But the parents of children by the very necessities of the case usually avoid extravagances and meaningless luxuries which are indulged in more freely by their childless neighbors. They learn how to make their money go farther. The childless couples in our own neighborhood live in houses which are just as large and which burn up just as much coal as those in which the owners are compelled to have a Christmas tree each year. But more rigid adjustments are required in the matter of clothing and food.

The seeming obligation in the direction of the "old nest" is a frequent complication. It is a feature of the problem that must be worked out according to the personal requirements of each case. It always seems that in cases of this kind the devotion to the old home and the apparent obligations in that direction are allowed to obscure the obligations to posterity, if one may use such an expression. Can our correspondent not see that along with the duty to her mother and father there is also a duty to her prospective husband and to those very potential children in the interest of whom she has written us this letter?

(Continued on page 88)

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When the Wife Pays The Heart's Hope—and the Broken Dream
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(Continued from page 86)

When The Childless Woman Really Loves Her Husband

TO THE EDITOR:

On the Childless Marriage Problem, I feel that I am better qualified than most to express an opinion on the subject, because I happen to be one of those childless women, who desire a child.

There cannot be a woman living who wishes for a child of her own flesh as I do. It is the One Great Want of my life. But I happen to be desperately in love with my own husband—have been for ten years and the idea of any other man being the father of my children, while I am married to my present husband, is too repugnant to think of. And I believe that no woman who *loves her husband* as I love mine, and as she *should* love the father of her children, could contemplate bearing and rearing the child of some man other than her own husband—while living with said husband, as his wife.

I do not claim that the husband one loves thus, can make up for the lack of children—fill that void in a woman's life. But I do most emphatically claim that where that wonderfully fine love exists between them, it goes a long way toward balancing things.

None of us can have *everything* we want in life—why not make the most of what God gives us?

Mrs. C. A. S.

As A Bachelor Girl Sees It

TO THE EDITOR:

I am a woman past forty; am capable of giving children to any one whom I may select for their father, and, like any normal, healthy, natural woman, crave that which is mine by right, and which so far has been withheld. I am not married, although the desire for congenial companionship is the only desire in my life which I have not been able to satisfy due to not having met the one to whom I could respond in every way.

I am a stenographer with a good position; have a broader outlook on life, because of my business experience, than many with whom I have come in contact; am able to meet any condition in life as long as my health lasts; have full control of my material desires; have a keen sense of humor, and am not given or inclined to be anything but the home-loving, home-making woman the Creator intended every woman to be. I am a "New Thoughtist," and have played, and do play, a fifty-fifty game with Life, and I have learned this: In order to play a fair game, we must accept certain conditions,—we cannot force things.

Your reader says "... I am otherwise happily married, and that I love my husband." Would not that one feature suffice to keep the happiness in her heart? No doubt his own disappointment is keen too. Not only that, if there is real, genuine love for the husband does not love mean sacrifice to the nth degree? Is it right for any woman to embarrass the husband to the extent of admitting even to a third person his inadequacy? Where the real, the big love exists, how can any woman submit to the caresses—or even make it a cold business proposition—of another. If my child could not be fathered by the man I selected, I would not want it.

Life, like a diamond, has many facets, and it depends on the viewpoint of the individual to realize the beauties it offers. Have people not had children which they wish had never been born? Granting that your reader has "found an ideal prospective father," and granting too that your reader's husband would put his feelings aside and permit the condition which she craves, what guarantee has she that such child or children would live, or if they lived that they would not bring

(Continued on page 90)

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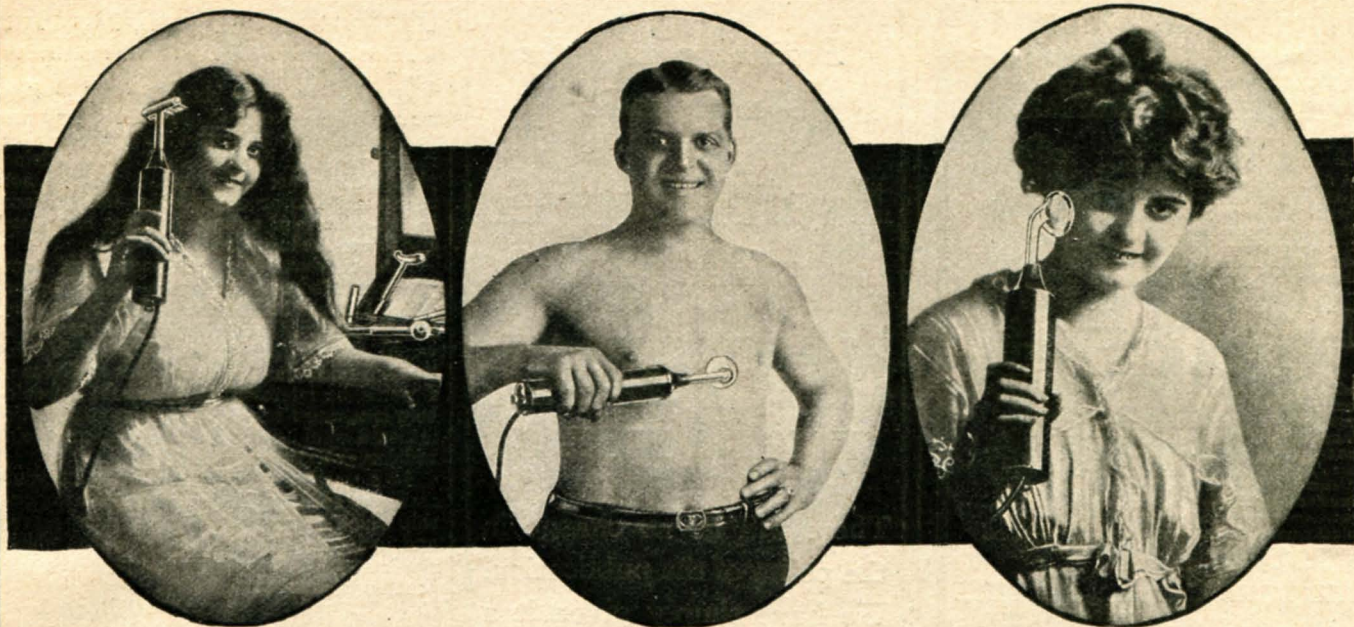
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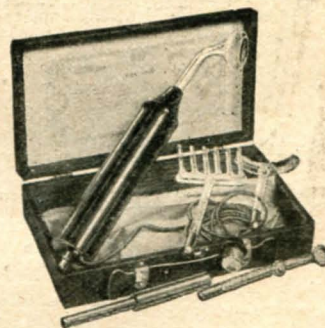
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Regulating the Relation of Husband and Wife

Making Love Life-Long

Mistakes and Excesses that Destroy Love

Hereditary and Prenatal Influence

The Requirements of Pregnancy

DOMESTIC HARMONY

Are Children Necessary to Happiness

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Masturbation

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SPECIAL DISORDERS OF WOMEN

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If You Are an Earnest, Intelligent Young Woman, Possessed of the Fine Instincts of True Womanhood, You Think Seriously About Marriage and Motherhood, and Hope Some Day to Become the Wife of the Man You Love, to Bear Him Children, to Make Him a Happy, Comfortable Home and Then Live Out Your Days Secure in the Deep, Abiding Love of a Faithful Husband and Surrounded by Loving Considerate Sons and Daughters.

Yet, when you read the papers and see the myriad accounts of separation, divorce, scandal and misery with which their columns are filled you cannot help but feel a deep concern at the pitfalls that border the path of wedded happiness; accounts that well may cause the stoutest heart to quail, the strongest confidence to weaken.

In Knowledge There Is Happiness

However, keep this in mind—there is nothing wrong with marriage—upon marriage is based the home, and the home is the foundation of our nation. But, like all other great institutions devised by nature for the good and protection of the human race, it is subject to a well defined set of natural laws that must be obeyed. Therein lies the whole secret of happy or unhappy marriage.

Until recently there was some excuse for women marrying with no knowledge of the responsibilities of wifehood because a vulgar prudery had thrown a dense black wall of ignorance around everything having to do with marriage, a wall that kept girls and young women from learning before marriage the things that every woman must know in order to intelligently become the wife of the man she loves and the mother of beautiful healthy children.

A WONDERFUL BOOK

In order to place this information as contained in Bernarr Macfadden's wonderful book "Womanhood and Marriage" at the disposal of every girl and woman we are making the liberal offer as outlined in the attached coupon. Sign it and send it in today. Upon receipt of the book pay the postman \$3.00 under our money back guarantee as explained in the coupon.

sorrow and sadness in later years? Supposing, however, that they would develop into the men and women which she would wish them to be, what assurance has she that she will live to enjoy them?

Life's uncertainties should remind us that we must accept certain conditions if we are to put the best into it, and get the best out of it, for who can gainsay what is the Divine plan? There are many plants that do not bear a single flower and yet they have a place in the scheme of nature, bringing happiness and joy to the beholder.

If the husband is a good man,—and from your reader's impression, he is—were I in her place, I would build up and keep strong the love I had for him and his love for me that I would forget the desire for that which, through no fault of my own, was denied me. I would be interested in his work; I would help him, and I am sure that his sympathetic response would compensate me for any void which may be my portion.

As a parting word let me add, let your reader be glad and happy for the companionship which is hers, and for which many crave, and to understand that, through that which she has not had to bring her joy, it is not possible to experience sorrow.

R. A. K.

How One Woman Helped Another Solve the Problem

TO THE EDITOR:

In reference to that childless marriage problem, I will try to give the history of some attempts at the solution.

A lady friend of mine while at my home told me of her desire to be a mother and have a child she could call her own, but her husband was sterile and she could not bring herself to adopt a child unless she knew all the child's tendencies due to heredity, as she had seen the effects of heredity result very badly with one of her friend's adoptions. She expressed the wish that she had children like my own, whereupon I told her what I knew about artificial impregnation and its technique, and that I might be able to help her in conjunction with my husband, provided that her husband gave his consent. This he did, and now she has a beautiful healthy baby boy of her own.

I also assisted another of my friends but the main facts are much like the above. The advantage is that the mother knows who the biological paternal parent is and does not commit adultery and there is no opportunity for the affair to be more than a business one. It is seldom that a woman can drive herself to ask a man to be the father of her child, but there are but few women who know the technique of artificial impregnation well enough to attempt such things, and most modest women would not want the work done by a man though he be a physician. It is a typical case for a woman physician.

If you publish this I hope that it may help solve some other woman's yearnings.

Mrs. M. Q.

Motherhood Is A Divine Right

TO THE EDITOR:

I am now long past fifty years of age. I was brought up a strict member of the Methodist Church. I have revised many of my ideas of right and wrong, both here and Hereafter.

I was married when about thirty years of age to a healthy woman of practically the same age. I am now the father of her children. We have a healthy and well developed family, thanks to PHYSICAL CULTURE Magazine.

It is the Divine right of woman to become the mother of children. In case of the inability of the husband to become the father of her children it is his duty to be a party to an arrangement whereby she can honorably become the mother of her children.

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much shame and degradation endured in secret by both husband and wife.

There is nothing impossible to those who are dead in earnest. I fully appreciate the fact that this is far from the precepts of my early conceptions of life and living, also that there are many of your readers that will not agree with me; but when they have passed their fiftieth birthday and have seen as much of life here as I have, they will also change many of their views regarding life here and hereafter.

C. O. T.

She Says Women Should Propose

TO THE EDITOR:

Is PHYSICAL CULTURE alive? I'll say so! This problem of childlessness has been mine and the temptation to "step out" of the conventional "ring" came to me. I picked out the "suitable male" who promptly refused on the ground that if there should be no result of the union it would be embarrassing to both, then, too, he was engaged to a girl who would not "stand for" any such procedure. And somehow this man's refusal and getting his viewpoint as I did tempered my desire for a child. My husband, of course, did not like the idea, but would have kept faith with me had my plan been realized. My act had the effect of revealing to me a side of my husband's nature which I had not known before and even though we are still childless, we are happier together. The other man and his sweetheart, (now his wife, and she knows all about it) are my good friends, and they have two beautiful little girls.

I have very positive ideas on this subject. I think our sexual lives are most unnatural and our reasons for marrying (legally) are usually not good reasons. By good, I mean they are not based on natural law, but depend largely on whim—expediency, the fear of spinsterhood, etc.

I realize the problem is an intricate one, but I think the freedom of choice should be left to the woman. She should propose. I think this open discussion is a very useful and instructive institution. This month's (November) PHYSICAL CULTURE is the most helpful one I have ever read.

L. N. S.

Wifey Must Compete with the Other Woman

TO THE EDITOR:

In answer to "Perhaps This Is Your Wife" my opinion is that you should not brag about never spending fifty cents for laundry, and much less about not dressing in style. If as you suspect he is paying attention to someone else, I reckon *she* is a right smart dresser, for no man is proud to be seen with a frumpy looking woman.

Now chopping wood is good exercise, but for the time being I should devote my time instead to manicuring my nails and making my hands pretty. If you cannot hire your washing done at least do not grub in the house all day, but dress yourself becomingly, take the children if you can not leave them, and go somewhere several times a week.

Being away from the house will not only make you feel but also look fresh and cheerful. Then when husband comes home you will not need to "be sick or unhappy." A man does not like a sick or unhappy wife, so learn to be well and happy.

I should manage to dress stylishly and tastefully even if I had to sell the coal, or furniture. Do your hair in a stylish youthful fashion.

Invite young people in for a party. Go to church, picture shows, picnics, and do not be too anxious to be eternally there when he gets home. A man gets tired of a "the same yesterday to-day and forever wife." Do not let him have a monopoly on the outdoors. In other words, live your own life, and he will admire your ambition.

W. G. S.



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These ailments and hosts of others respond like magic to the vitalizing, disease destroying influence of this wonderful scientific appliance which is equal and in many respects superior to any similar apparatus priced up to \$25.00.

The use of a "Yankee" will accomplish more beneficial results than a course of violent exercises could possibly produce. The life giving stream of vital energy with which it charges the body has a delightfully stimulating effect upon the circulation. For the thin blooded, run down system, nothing could be better. Under its salutary urge you can feel the glow of the quickened blood stream reaching out to the tip of every finger, every toe; poisons in the system are quickly absorbed and carried away, the nerves are toned and filled with energy with the result that normal functional activity is restored.



Pains in the back, Lumbago, Rheumatism, etc., are quickly relieved.



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applicator. Comes carefully packed in a neat carton, complete with cord and plug which fits any lamp socket. This offer includes a book of detailed instructions for your convenience together with a printed, one year guarantee.

Until now thousands of people have wanted Violet Ray outfits, but did not feel that they could afford them at the prices that have been charged.

Now is Your Opportunity

Fill in the coupon at the foot of this page and mail it to-day. The entire amount involved is only \$7.75 and even that does not have to be paid until actual delivery of the outfit has been made. Send no money with your order.

Remember, if for any reason you feel that you do not wish to keep it you may return it within 5 days after receipt for a refund of your money. We take all the risk.

To YANKEE LABORATORIES, Inc.

307 East 43d Street, New York City, N. Y.

Gentlemen:

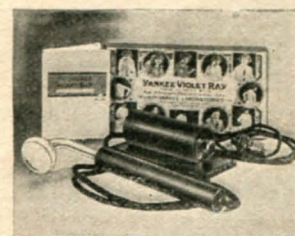
Please send me the Yankee Violet Ray Outfit by mail or express collect—\$7.75. I am to use this outfit for 5 days and if I am not satisfied with it you are to return my money upon your receipt of the outfit in good condition.

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Address



It vitalizes the scalp — stops Dandruff and Falling Hair.



The Yankee Violet Ray Outfit, Model C—complete \$7.75.

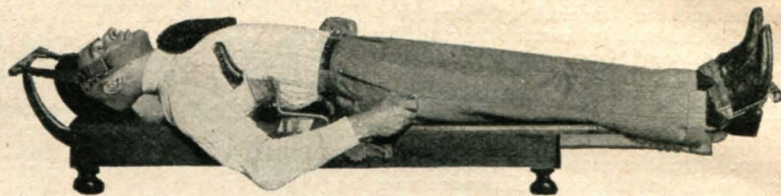
Our free book, "Yankee Violet Rays," will be of great help to you. Write for your copy today.

YOUR HEALTH—YOUR EFFICIENCY—PERSONAL APPEARANCE—HAPPINESS—ALL DEPEND ON YOUR SPINE

Your SPINAL COLUMN is the SWITCH-BOARD of your whole BODY, the MAIN PILLAR of your house of life

There is no such thing as disease, sickness, bad circulation, faulty elimination nerve irritation, exhaustion, poor assimilation, constipation, weak, anaemic debilitated organs that only half-way function, and the 1001 ailments, that lay us low, lessen our efficiency and keep us from being the healthy, vigorous, buoyant men, women and children we were intended to be, unless there is interference with the normal transmission of nerve force throughout the body.

In the illustration note the Nerve Branches as they leave the Spinal Cord. The Spinal Cord is the Main Conduit that carries Nerve Force Generated in the Brain. The Spinal Nerves pass out through small openings in the spine whose size is depend-



ent on the health of the Cartilages. The Spinal Nerves then pass through the Connective Tissues which bind the Spine, connecting with the Sympathetic Ganglia and then leading like electric wires to the various parts of the body. Thus Life, Movement and Functioning Power is delivered to the Vital Organs, Muscles and Tissues of the Body. How tremendously important HEALTH IN THE SPINE really is!

A TRULY WONDERFUL, yet Amazingly Simple device has been invented and developed which makes it possible for every man, woman and child, to put the Spinal Column, and the entire body structure into perfect working order and keep it so.

The Therapeutic Couch here shown is the product of Fifteen Years intelligent experimentation and practical application to the Human Body, two years of which time the experiments were carried on at a leading State University.

Today the Therapeutic Couch is the most widely sold Health Device in the World. It is a Device which both Medical and Non-Medical Physicians agree embraces one of the greatest Health Principles yet discovered.

Its inventor, David Bertram Cropp, whose experience is probably wider, and covers a greater variety of human ailments, imperfections and body deformities, than that of any other man, has made it possible for you to have this great device at small expense.

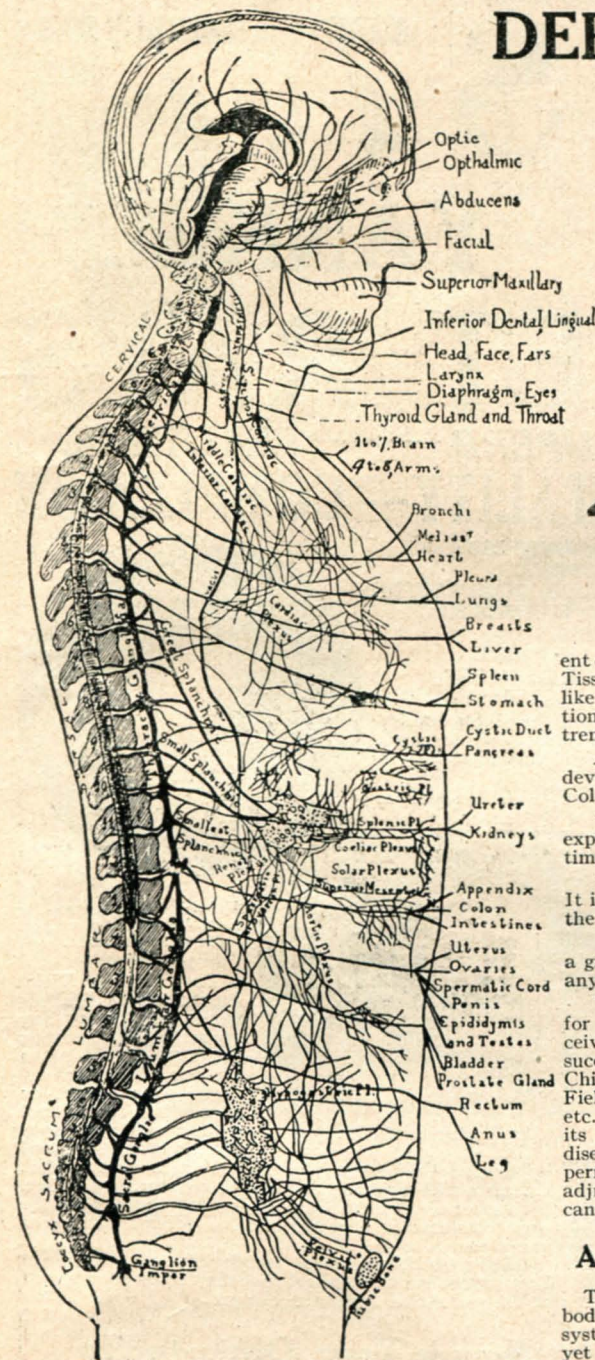
With it in your home, you have at your constant command, the means of securing for your entire household every conceivable benefit which those growing, successful Sciences of Osteopathy and Chiropractic, could give you. In the Field of Deformities, Spinal curvatures, etc., the Couch stands alone. It does its work of eliminating the causes of disease, with a speed, accuracy and permanency which no System of hand adjustment, manipulation or massage can match.

A Home Gymnasium

The mechanical Stretching of the body constitutes the most scientific system of exercise and body building yet evolved. It combats the force of gravity, breaks up FAT permanently; pressure off spinal nerves, restores the



The owner of this spine was a decrepit old man at 40 years, just when he should have been in the prime of life.



corrects posture, draws the head out of shoulders, takes the waist line and produces graceful, elastic supple bodies that function normally.

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This Therapeutic Couch added 71 inches permanent height to 30 Adult, University Men and wrought other equally startling body transformations. This data has been duly authenticated and featured in news articles of a thousand papers. The couch is daily duplicating these results in countless cases.

The Doctors Agree

More than 3000 Doctors of Medicine, Osteopathy, Chiropractic, Sanatoriums, Hospitals, Gymnasiums, Massage and Bath establishments have bought our Physicians Type machines. The Family Couch here shown has penetrated every corner of the Globe. Laymen and the Healing profession are just awakening to the tremendous importance of this Device in the production of a Healthy Race of Good Physique.

Get the free Booklet "The Human Body." This business is under the personal management of David Bertram Cropp, the Discoverer of this Health principle and Inventor of all original devices for their application. State your case fully to him and you will get definite, personal advice.

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Look Ahead!

What Will You Be One Year From Now?

Are you content to drag through another year in your present condition? Are you one of those shiftless individuals who just lives from day to day letting the morrow take care of itself? STOP WHERE YOU ARE—IT MEANS FAILURE—IT SPELLS DEATH.

Enjoy Life

There are no true pleasures in life for the indolent man. The life of a weakling is always overhung with dull clouds. It's the fellow with vim and vitality who not only achieves the bigger things in life, but enjoys all the pleasures in acquiring them. The real joys come to the fighter—the man who is brimming over with health and strength.

A New Man in 1922

Every red blooded man is making his resolutions right now for a bigger and a better man in 1922. Here is yours! Decide you will take that body of yours and transform it into a new power plant—one that throws off all the old waste matters and sends life-giving blood pulsating through the brain, body, arms, right out to the finger tips. Build up those narrow shoulders and that flat chest—broaden your back and fill out those arms and legs. Strengthen the muscles around your inner organs so that your entire body will actually radiate strength, health and happiness.

Now Is the Time

Haven't you delayed long enough? Cut out that lazy man's habit of putting it off till tomorrow. If you don't start right now, you never will, so decide this very minute that you will enjoy the full benefits of life from now on. Life is short so make it sweet.

"Physical Perfection"

The most interesting book ever published is just off the press and I have called it "PHYSICAL PERFECTION." It is chock full of page photographs and is a complete treatise on physical culture. It will give you more advice than any other book of its kind. I have been frank with the world in every respect in this book of mine and I have written plain facts about the laws of physical education. The photographs will act as an inspiration to you and I know you will admire the development each one portrays, not because they are pictures of myself, but because you who lack development will wish you had muscles like them. In this book I will tell you frankly just what you should do in order to develop yourself, the same as I have done. *IT IS A SECRET.* Send for this book and find out for yourself the inside information about exercises. It is free. All I ask you to do is to send me ten cents in stamps or coin to help cover the expense of wrapping, mailing and etc., and you will receive your copy promptly. For your own good do not put this off, but tear off the coupon at once, now, while you think about it; otherwise you may forget. Just write your name and address plainly and mail to me, and read the secrets of training. DO THIS NOW.

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Swear Off Tobacco

Tobacco Habit Banished Let Us Help You

Quick Results

Trying to quit the tobacco habit unaided is often a losing fight against heavy odds, and may mean a serious shock to your nervous system. So don't try it! Make the tobacco habit quit you. It will quit you if you will just take **Tobacco Redeemer** according to directions.

It doesn't make a particle of difference whether you've been a user of tobacco for a single month or 50 years, or how much you use, or in what form you use it. Whether you smoke cigars, cigarettes, pipe, chew plug or fine cut or use snuff—**Tobacco Redeemer** will positively remove all craving for tobacco in any form in a very few days. Your tobacco craving will usually begin to decrease after the very first dose—there's no long waiting for results.

Tobacco Redeemer contains no habit-forming drugs of any kind and is marvelously quick, scientific and thoroughly reliable.

Not a Substitute

Tobacco Redeemer is in no sense a substitute for tobacco, but is a radical, efficient treatment. After finishing the treatment you have absolutely no desire to use tobacco again or to continue the use of the remedy. It helps to quiet the nerves and will make you feel better in every way. If you really want to quit the tobacco habit—get rid of it so completely that when you see others using it, it will not awaken the slightest desire in you—you should at once begin a course of **Tobacco Redeemer** treatment for the habit.

Results Absolutely Guaranteed

A single trial will convince the most skeptical. Our legal, binding, money-back guarantee goes with each full treatment. If **Tobacco Redeemer** fails to banish the tobacco habit when taken according to the plain and easy directions, your money will be cheerfully refunded upon demand.

Let Us Send You Convincing Proof

If you are a slave of the tobacco habit and want to find a sure, quick way of quitting "for keeps," you owe it to yourself and to your family to mail the coupon at the right or send your name and address on a postal and receive our free booklet on the deadly effect of tobacco on the human system, and positive proof that **Tobacco Redeemer** will quickly free you from the habit.

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Free Book Coupon

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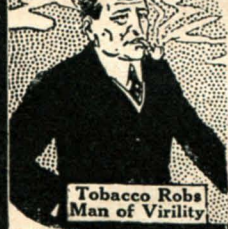
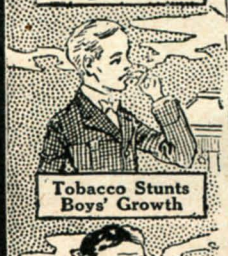
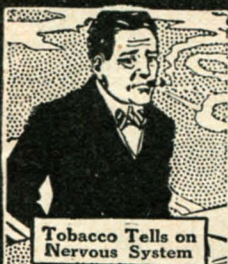
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Please send, without obligating me in any way, your free booklet regarding the tobacco habit and proof that **Tobacco Redeemer** will positively free me from the tobacco habit or my money will be refunded.

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Editorials by Our Readers

This department is maintained as an open forum for the discussion by our readers of subjects in line with PHYSICAL CULTURE'S editorial policy, including opinions concerning any statements made by contributors to our pages with which our readers may take issue, or upon which they may throw additional light, suggestions as to methods of increasing the interest and value of this magazine, or the presentation of any new thoughts upon health-building, eugenics, national physical fitness and other vital subjects. We cannot promise to publish all letters received, but all will be carefully and appreciatively read. Published letters will entitle the writers to a free subscription to PHYSICAL CULTURE if application is made therefor after publication.

—The Editor.

Fat Is Food for Fat Folks, Fat Heads and Blackheads.

TO THE EDITOR:

It was in the ladies' rest room of the Hippodrome.

The two girls with Canton crepe suits walked up to that most indispensable—the mirror.

"My kingdom," said the one in henna. "My kingdom for a shiny nose remedy," as she slapped that member vigorously with a puff.

"If a shiny nose was all I had to complain of—well, I wouldn't be complaining," from the one with the purple veil. "But these unridable blackheads! Not a day in the last year but what I steamed, green-soaped, ice-watered, dried carefully—in short, followed the best advice minutely, and still they cling." She examined her skin closely under the powerful Mazda, and proceeded to hide the objectionable things under a smooth pink coating.

"Hello, girls!" They both turned to find a mutual friend behind. "Gangway for the reflector!" and the newcomer wedged herself between them, pulled off her toque and began to adjust her hair. "D'ya ever see such an oily mess? Have to wash it every week and sometimes twice, with the gratifying reward that twenty-four hours after its bath it's greasy again!"

"Borax cuts the grease. Ever use it after your shampoo?" asked the girl in henna, still occupied in trying to remove the nasal gloss.

"Sure have—everything under the sun, lady, but all in vain, alas!"

"Well, there's lil' Madge," said the girl with the purple veil, "And all by her lonesome. Shall I ask her to join us?" The girl in henna nodded and her friend crossed the room quickly toward a conspicuous figure in brown—conspicuous not because of her clothes or conduct, but simply because there was so much of her. She was led back with her friend of the purple veil.

"We were just lamenting our troubles to each other."

"Troubles!" exclaimed the human butterball. "Say! I'd be tickled to exchange places with any one of you this minute, troubles and all."

"You would?"

"Would is right," with a heavy sigh. "There's no bigger burden than being fat."

And right she was, for fat is a burden to carry about, and a useless one.

It crossed my mind as I stood there that the remarks I had heard were typical of all modern American girls. Scarcely a girl today, but complains of one or more of these four things. Perhaps those girls would have been surprised had they been informed that their four different troubles could be traced to the same cause! Yes, indeed! and that cause is too much fat in the diet.

When the blood contains too much fat, it is stored up as fatty tissue and the victim BECOMES fat. Or else it is excreted as waste by the skin all over the body. Hence

How I Learned JIJITSU In 30 Minutes

And My Sensational Experience In Using It

By Kirtland Bowen

"KIRT, I'm a Pink-eyed Hyena if that fellow weighed more than 125 pounds! Yet the little cuss made big 'Tubby' Williams seem like a paralyzed hippopotamus!"

This was but part of the highly colored description Steve Clark gave me of the match at the Athletic Club the night before. But the whole story certainly struck a responsive chord in me. As a matter of fact any story in which a little fellow got the better of a bigger and stronger man always had an extraordinary fascination for me.

"I scouted up this 'Up-to-date David' after the match," continued Steve. "And I asked him how he was able to turn the trick on 'Tubby'! He said he had merely used a couple of Jijitsu tricks he'd picked up. I asked him where he learned them and he told me from a course given by some Captain Smith. And Kirt, he claims he mastered the fundamental secrets of Jijitsu from this course in a half hour! What do you know about that?"

It wasn't entirely this enthusiastic story of Steve's that prompted me to send for Captain Smith's course. The real reason was that as long as I could remember, every one had always made me conscious of the fact that I was undersized—made me feel that they thought I was only a near-man, incapable of taking a real man's part. Gad, it sure used to make me rave! But if this Jijitsu was what it was cracked up to be, I felt that I had found the solution.

So the very night after I received the set of illustrated lessons, I started to read them. I found to my amazement, that Captain Smith was "The Captain Smith" who had been Chief Jijitsu Instructor in the U. S. Army during the war. And I hadn't gone far before I decided that he certainly knew how to teach Jijitsu. He explained his own Master Secret of Jijitsu, The Stahara, and around that he taught a wonderful collection of these weird Jap tricks and holds. And the whole interesting system was as simple as A B C—full of illustrations and definite instructions for every trick.

Mastered Secret in 30 Minutes

Well just for the sport of it, I timed myself. And would you believe it! IT WAS LESS THAN 30 MINUTES before I had mastered his Stahara secret and was able to apply it! Then the sparks began to fly. I called Dad into my bedroom, and you should have seen the expression on his face when I floored him! And believe me, Dad is no cripple—he weighs about 180.

I don't know why I wasn't fired out of my own home. Guess I would have been if Dad hadn't become converted to the wonderful system. As it was, every second we had off, we got together for what we called our "Jijitsu Workout." And it sure was some sport! It also put us in the pink of condition. As weeks went by, I could almost feel myself get harder and more vigorous. And "pep"—Oh Boy! I found I could do fully twice as much work and still feel fresh as a daisy.

Well it was about a week ago that I had a chance to give my Jijitsu a real test. Dot Hadley had invited me to a reception given at her club. I liked Dot a lot, though I always felt that she, too, classed me as a poor apology for a man.

It was shortly after eleven, I think, when the interruption came. I had been "sitting out" the

dance to have a smoke when I saw Dot come out of the ladies' dressing room. She was so deathly pale that I jumped to my feet.

"I think there are burglars in the dressing room, I'm going to get some of the boys."

I felt myself redden. "Get some of the boys." So Dot couldn't think of me as a man. I rushed to the dressing room, behind the portiers, I collided with somebody. A huge ugly looking brute swore in a low voice.

"Listen you damn little shrimp, if you open your face . . ."

He started for me—some sort of blackjack in his hand. I was astonished—not at his move but at my own coolness in the face of such danger. A cold calculating personality seemed to have replaced my formerly normal nervous self.

It all seemed like a regular morning practice with Dad. The lightning-like parry. The sharp return jab. An unconscious shifting towards his rear. A quick twist, using the Stahara, and I was applying Captain Smith's

famous Deathlock. He was powerless.

Then Everyone Called Me a Hero

I was first conscious of the presence of the others when I found myself in the center of a hero-worshipping crowd. Dot was crying one minute and laughing the next. For the first time in my life I felt like an honest-to-goodness movie hero.

But aside from this small-town satisfaction I feel that my experience with Jijitsu has been priceless. Certainly, I shall never be troubled by people thinking I cannot take a man's part—if you notice a ring on Dot's finger, you'll know that she certainly feels otherwise. Then in addition to keeping me in perfect trim, it has given me self-confidence, poise, and a keener brain. I am absolutely convinced that the raise which my employer recently gave me is due to my improvement from my Jijitsu training.

No man or woman should be without this famous Jijitsu Training of Captain Smith's. Prominent professional and business men throughout the country believe it cannot be beaten as a body-builder and means of defence. Among these are such famous athletes as Benny Leonard, Lightweight Champion of the world, and Lieut. Oliphant, famous All-American Star, and such men as Eli Swaveley, Principal of the Army and Navy Preparatory School.

When I sent for my course, I was impressed with the fair offer made by the Stahara Publishing Company, who publish Capt. Smith's Jijitsu training. You have the entire course sent to you absolutely free without any obligations. After five days, if you are not absolutely delighted you can send it back and you will owe nothing. But if you find like I did that it's the only thing for keeping you fit, and giving you an effective weapon for defense, then you can keep the course, and send only \$5. It's a sort of "heads you win, tails the other fellow loses" proposition, so I'd advise you to send for the training before this offer is withdrawn.

KIRTLAND BOWEN.

STAHARA PUBLISHING COMPANY
11 Exchange Building Columbus, Georgia

STAHARA PUBLISHING COMPANY,
11 Exchange Building, Columbus, Georgia.

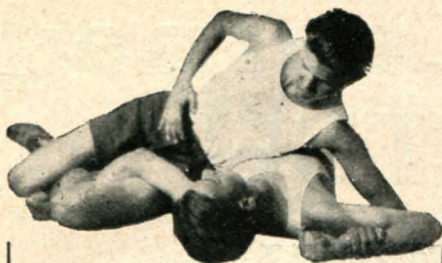
Please send me Capt. Smith's complete set of seven books containing 59 illustrated lessons on the "Secrets of Jijitsu." Within five days after receipt, I will either return them or send you \$5 in full payment.

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I found myself in the center of a hero-worshipping crowd



A "Pinning Hold" that Makes an Opponent Helpless

This is one of the greatest of all holds practiced in wrestling. You have your opponent's right arm barred with your left hand and his left arm barred with a leg scissor hold. He is helpless. It is a good hold for self defense, where you might wish to hold your man under control for some time. Try it on your brother or a friend today, and see how completely you have him in your power.

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Revealed by Champions
Frank Gotch & Farmer Burns

THIS picture illustrates only one of thousands of wrestling holds which vary from simple grips to the deadly strangle hold. How would you like to know them all?

Think of learning them from two champions. This is precisely what you can do. The regular holds—the blocks and breaks for them—many secret tricks, never revealed before—all these you may master absolutely.

Become an expert wrestler through a wonderful course of lectures and photographs for home study prepared by two of the greatest champions who ever lived—FRANK GOTCH and FARMER BURNS.

Farmer Burns, the "father of scientific wrestling," knows more about wrestling than any man alive. He has trained seven champions—among them the great world's champion, Frank Gotch. These men will train you speedily to become a great athlete, a wrestler, and a man!

Vigor! Endurance! Bravery!

Wrestling is a wonderful sport, a wonderful means of self-defense and more. It is the greatest mind and body builder in the world. It breeds quickness, vigor, endurance, bravery, all the manly qualities that men defer to and women admire. It develops every muscle in your body. It gives you poise. You can lay the foundation for a vigorous, successful, self-reliant manhood, if you start now to learn to wrestle. Do not put it off. Begin today.



Minute reproduction of the large clear photographs which accompany every lesson. In each photograph either Frank Gotch or Farmer Burns appears as one of the contestants, assuring absolute accuracy.

Send Coupon for FREE Book!

The first step is to send the coupon for Farmer Burns' free wrestling book. It is packed full of information about wrestling and wrestlers. Valuable tricks are shown. A book that every boy should have. You will be under no obligation. The book is free. Just put your name and address in the coupon and—MAIL IT NOW. Be sure to give age.

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Omaha, Neb.

Name

Address

Age

Farmer Burns School
1741 Railway Exchange Bldg.
Omaha, Neb.

Please send at once without any obligation on my part your free book on Scientific Wrestling, Physical Culture, Self Defense, and How to Win.

our oily hair, shiny noses and greasy pores, which is really what blackheads are, plus dirt which adheres readily to grease.

But our girls must have chocolate creams, French pastry, frozen desserts nestling in mounds of whipped cream, the inevitable ice cream sodas, etc., etc. Mother Nature never intended those to be eaten by Man. If she had we would find them growing in the ground and on the trees in place of vegetables and fruits.

And until our girls learn to obey Nature's laws—to substitute the former for the latter mentioned foods—they will have, forsooth: shiny noses, black heads, oily hair and ultimately bulky hips plus double chins.

A. R. S.
Buffalo, N. Y.

Notes About Vaccination Victims

TO THE EDITOR:

I read with great interest your article in a recent number of PHYSICAL CULTURE entitled, "Vaccination and the Venereal Taint." I have read for years your articles against the crime of vaccination. I also read with great interest the article by Dr. G. W. Desbrow entitled, "Vaccination Killed My Two Sisters."

My wife was vaccinated when she was seven years of age and she was simply poisoned for life. She was a beautiful young woman and died when she was only thirty-four years of age. She warned me against having our boy vaccinated. At nineteen years of age he enlisted in the army, and of course he had to submit to vaccine and the numerous serums that the Government compelled the boys to take.

A doctor in the city of Fairmont, West Virginia, told me a few years since that he knew of at least 285 cases of deaths resulting from vaccination. Of course these figures were gathered from different sections of the country. He told me at that time that no orthodox medical journal would publish these facts because it would be a sacrifice of their professional pride and dignity.

I warned my sister against having her children vaccinated; the older boy was poisoned by the doctors and swollen from head to feet. Four years afterwards he was put into his grave, sixteen years old. Two personal friends of mine were vaccinated against my protest, one died three months afterwards at about fifty-two years of age and the other one to-day also sleeps in his grave.

A teacher who conducts a business school in Indiana was compelled to submit to vaccination or close his school. The vaccinated arm was amputated shortly afterwards. A man in Warren County, Pennsylvania, has an incurable skin disease caused by vaccination. An Irishman, who formerly published a paper in Olean, New York, told me in that city a few years ago that he told the doctors that he would kill them if they attempted to vaccinate his children in the public schools. He told me at that time, "Our children are not vaccinated. We have no smallpox, but we have a healthy bunch of boys and girls." It may be that conditions have changed in that city because of the arbitrary rulings of the Health Board since I was there, five years ago.

I have been lecturing on the prohibition and tobacco questions for more than thirty-four years and have seen the results of the scourge of vaccination.

E. W. M.,
Louisville, Ky.

A Sailor's Refreshing Viewpoint of Moral Standards

TO THE EDITOR:

I am a regular subscriber to your magazine and have taken particular interest in the article in the May issue entitled "Are there any virtuous men?"

My answer is that there are countless thousands. I am now in the Navy, where one certainly comes into close contact with all types of men and, though the regard of civilians in

Health Culture

JOURNAL OF PRACTICAL HYGIENE

ELMER LEE, M. D., Editor

Partial Contents of January

Cancer Is Preventable
Is Cancer Curable?
Elmer Lee, M. D.

Conservation of Nerve Force
Harris H. Luntz, M. D.

A Method of Emptying the
Stomach by Muscular Pressure
Eliza M. Mosher, M. D.

Tuberculosis Conquered
James Allen Requa

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Wayne Morris

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Bloomfield, N. J.

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The L. C. S. A., with permanent quarterly dividends,
interest you? See THE LIFE
WAY PLAN, page 123.

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or. We can free you from chronic disease. Failure is impossible with our scientific methods. Fasting, milk diet, hydrotherapy, chiropractic, osteopathic, etc. Booklet—literature. One week free."

general is not of the highest as far as the service man is concerned, I will assure you that I can name, without hesitation, at least fifty virtuous men in the local station to which I am attached alone. I am proud to include myself among them, and I am now entering into my twenty-third year. Many people have the fixed and erroneous idea that continence is *not consistent with the preservation of one's health*. In that case, I ought to be dead by this time. I am saving my virtue for the woman I marry who, I hope, will come to me as clean as I am.

I am an all-round athlete, making a specialty of ten-mile swimming, and, I must say, I am never bothered with the desire to associate with indecent women. I *know* you will hear from a great many others of the same mind.

Yours for world-wide good health and cleanliness.

MICHAEL A. NORELLI,
Pensacola, Fla.

[Editor's Note—Mr. Norelli's photograph, showing his magnificent physique, was published in our August number last, page 19.]

Poor Eyesight and the Vegetable Diet

TO THE EDITOR:

I read the article in your magazine this month by Alfred W. McCann, on "What Should an Athlete Eat?" I have been a professional checker and chess player for the past fifteen years. I was born with defective eyesight and at the present time have only about 35 per cent vision, so you can readily see my physical fitness must reign supreme on entering a championship match. I have never entered a great match without being under a tremendous handicap owing to my eyes. I met a gentleman in California during my match with Alfred Jordan, the Englishman, about four years ago, and as I had eye trouble after the first week's play he spoke to me regarding a strict vegetable diet, which I promptly began. Of course I did not get the real benefit of this diet during my match; however, during the last two days' play I noticed a change for the better and from that time I have been a firm believer in a vegetable and nut diet.

I have read several articles by Mr. Cann and certainly agree with him that to a great extent diet controls the mental faculties of all, and the finer the diet the finer the brains.

Whole wheat bread in my opinion is the greatest factor of all in connection with the health of the American people and very few ever eat it. I do not know of a single law passed by the Senate at Washington, which ever was as important as one which could be passed forbidding the manufacture of white bread.

I am firmly convinced that the less meat we eat the keener will be our mentality. Vegetable diet for mine!

N. W. BANKS,
American Checker Champion, Detroit, Mich.

Fox Hunting—Is It Sport?

TO THE EDITOR:

As a lover of animals, I most strongly protest against the atrocious pastime of Stag and Fox Hunting. If the hunters were really endowed with a sense of "sportsmanship," they would refrain from the exercise of their cruel "sport" solely on the realization of the unfair odds they impose upon their poor four-legged victims. That Clergymen are associated with the "sport," is but another evidence of the un-Christ-like lives some of our Spiritual Guides choose to lead. If the hunters were real sportsmen and sports-women, they could not for one minute entertain the idea of pitting the brains of so many against the brain and stamina of their one unfortunate victim.

I feel that we Physical Culturists should condemn in no uncertain terms the inclusion of such practices in the category of Sport.

REGINALD O. MOBBS,
Lowestoft, Suffolk, England.

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Relieve your tired feet

Get a pair of Jung's "Wonder" Arch Braces today whether your feet are "in bad shape" or not. They relieve tired and aching feet instantly. Help weak ankles. Overcome pain in the heel, instep or ball of the foot, as well as in the calf and knee. Such troubles as these, and callouses on the ball of the foot, cramped toes and enlarged joints, are due to fallen arches and weakened conditions of the feet. Ask your doctor. Men and women everywhere are wearing them because

Jung's Arch Braces Assist Nature

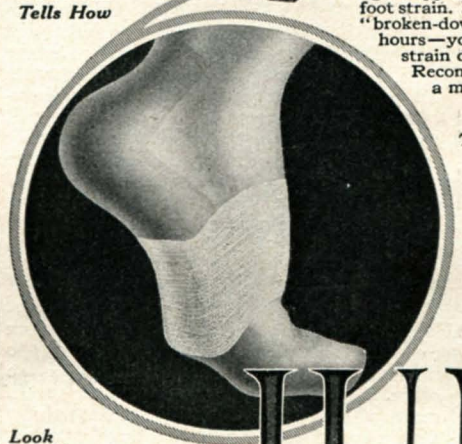
They aid the interosseous muscles of the feet and help them to regain their former strength, instead of building a false, rigid support beneath the arch. They correct fallen arches and foot strain. Relieve tired and aching feet instantly. Prevent that "broken-down" feeling. Dance or walk for miles, stand for hours—you just don't get tired. They eliminate the extra strain due to the wearing of high-heeled and stylish shoes. Recommended by chiropodists, physicians, and over half a million satisfied users.

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Similar methods to those which I employ, and have employed for the past fifteen years, were used as much as the limited number of qualified practitioners would permit, by the governments of England, France and the United States during our recent war in treating many types of disorder.

If your trouble has not responded to the usual treatment and has been looked upon as a "hidden" or "obscure" ailment, let me assist you in diagnosing your case through the means of Psycho-Analysis. You can learn a lot about self and my methods by mailing me TWENTY-FOUR cents in stamps for my booklet, LEAVITT-SCIENCE. I will mail the booklet and a case sheet for you to fill out, which, when returned to me, will entitle you to a FREE diagnosis of your case. I WANT TO HELP YOU.

C. FRANKLIN LEAVITT, M.D., Suite 734, 14 W. Washington St., CHICAGO, ILL.



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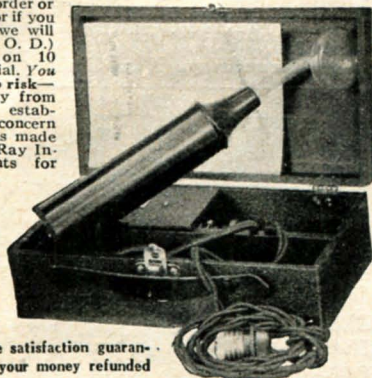
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Questions from Health Seekers

Answered by Bernarr Macfadden

Nervousness and Sleeplessness

I. B. E.—If you have been operated on for a so-called "inward goitre," it is difficult to know just what has been accomplished by the operation, and whether or not it will be as easily possible to restore health as it might have been without the operation. Nevertheless, your present diet of fruit, vegetables and milk is theoretically sound, and your nervousness and sleeplessness should yield in time to a program of outdoor life and sufficient rest. Rest is largely a matter of freedom from nerve strain in your case rather than of physical inaction. Avoid excitement and mental or nervous work. Find an outdoor job or take a vacation, living in the open air.

Hair Changing Color

C. R. G.—It is a common experience that hair which is blond or brown in early life may turn darker or may possibly turn black with the passing years. It is rather unusual, however, that dark brown hair should turn red, and it is probable that the change is only temporary and the result of bleaching by the sun. You probably have exposed yourself to the sunshine throughout the summer and fall. In that case it will regain its normal color later.

Dandruff and Falling Hair

C. M.—Experts on the subject of hair often claim that dandruff and falling out of the hair go together, the one the result of the other. Actually, the loss of the hair is the result of poor hair health, and this is usually a reflection of poor general health. Improved constitutional vigor, together with plenty of brushing and massage of the scalp, should bring about an improvement. The best treatment for dandruff is sufficiently frequent washing, tincture of green soap being especially recommended for this purpose. This soap, however, is not to be recommended for a particularly dry scalp.

Heart Murmur

A. B. T.—If your physician promised that your heart murmur would disappear in a year, in conjunction with your taking of his prescription, you can rest assured that it will likewise disappear if you improve your general health with or without his prescription. The condition is probably not very serious, or your Y. M. C. A. doctor would not have made such a promise. Long walks are particularly to be recommended by way of strengthening the heart and in building the constitutional strength that you require. Wrestling would be altogether too strenuous for you.

Grey Hair in Youth

J. M.—There is no doubt that your nervous breakdown is responsible for the appearance of more or less grey hair in your head along with the falling out of the hair of which you complain. There are few instances of hair turning permanently grey at that age, although it sometimes happens. It is possible by building health to recover the normal hair coloring, when one is young.

Boils

F. K.—If you have experienced a series of boils, it is highly important that you should undergo a general cleansing regimen to purify your blood. Frequent baths and an out of door life are essential, but changes in diet are most important. If it is not convenient for you to fast a few days, at least you should adopt a fruit diet or a diet of uncooked foods includ-

ing salads, nuts, and possibly milk. There are instances in which a succession of boils follows vaccination. And in such cases one needs a particularly purifying regimen, as suggested. Local skin cleanliness, however, is highly important, inasmuch as boils may be the result of infection through dirt. Wrestlers, unusually vigorous specimens, have much trouble with boils, probably due to the scraping of skin on the dirty wrestling mat. Boils should not be irritated, pinched or disturbed, but should be treated with hot fomentations, and "rested" as completely as possible. It is wise to have them lanced when they come to a head.

Hives

F. J. S.—It is pretty well demonstrated that hives, like many other skin irritations, are the result of more or less poisoning of the system through the channel of the alimentary canal. Inasmuch as you formerly suffered from uremic poisoning and were then compelled to give up the use of meat and eggs, it is possible that you are still the victim of an excess of protein food. If you are using milk in any quantity at all, you need neither the meat nor the eggs. If you will follow a low protein regimen, using milk for your protein supply and eat whole wheat bread with plenty of vegetables, salads and fruits, you will have no more trouble with hives. Write and let us know your experience.

Bronchitis, Not T. B.

G. G. J. S.—If you have been examined by a number of physicians all of whom assure you that you are not suffering from tuberculosis, and the X-ray examination confirms their opinion, you can depend upon it that the cough you experience is bronchial in character, and while possibly alarming in its violence at times, is not indicative of any serious constitutional debility. Bronchial cough is often a very stubborn complaint but it will yield in the course of time to persistent good health. See that you maintain bodily warmth, particularly keeping your feet and hands warm.

Hemorrhoids

P. O.—Hemorrhoids, more popularly known as piles, consist of an enlargement or dilatation of veins, and are very much the same in character as the more familiar varicose veins of the legs. They are representative of more or less weakness and interference with the circulation. You should try to build up greater physical vigor through exercise, and thus improve the circulation. Also you should guard against constipation. Beyond this one may suggest cold sitz baths or perhaps local applications of cold water or even of small pieces of ice.

Almost Tired To Death

Mrs. R. G. G.—Your extreme debility, indicated by exhaustion, pains in the legs, shakiness, rapid heart beat, sleeplessness, and other symptoms, would probably be called "asthenia" or some such name by the doctors, meaning lack of strength or loss of vitality. Your discouraging experience with physicians shows that you must be your own physician and build up your strength by healthful living. You will, however, need a rigid program. I would practice outdoor sleeping, outdoor living, short walks, sun baths and Mr. McCann's suggestions on food. Immediately, however, an exclusive milk diet would most quickly give you weight and strength.

Living the Physical Culture Life

In this department we have the pleasure of presenting letters of personal experience from our readers. The story of what others have done in building health, strength and energy is always interesting and stimulating. Attractive photographs demonstrating the good results of physical training and health care according to methods taught by this magazine, are always especially appreciated, though we cannot promise to publish all letters and photographs received, nor can we promise to return them. All photographs should bear name and address of sender, subject, and permission to publish. Be assured, however, that your letter of comment or experience is carefully read and appreciated by the editors even if not published. Publication is sometimes delayed several months. Published letters will entitle the writer to a free subscription to *PHYSICAL CULTURE* if application is made therefor after publication.—The Editor.

Disclosing the Identity of Our Three Mysterious Beauties.

TO THE EDITOR:

Looking through the October number of *P. C.* I recognized a picture of three mermaids on page 128 whose identity you did not know, I was one of the two men present when the picture was taken at Lafayette, Pa.

The ladies from left to right in the picture are Mrs. Daisy Scattergood, Miss Myrtle Fraser and Miss Katherine Haire. The girls are excellent swimmers and divers. Miss Fraser swam the five-mile course on the Schuylkill River in two hours and twenty-five minutes. For many years Miss Haire has been a champion swimmer and diver, having a great array of cups and medals which she won in competition. All are Philadelphians.

Enclosed is a picture which may prove interesting to many of the readers of *PHYSICAL CULTURE*. Taken at Clementon, N. J., summer of 1915, showing, from left to right, Miss Lillian Hayward, Miss Helen Dever and Miss Katherine Haire. In the picture also is Miss Florence McLaughlin, the greatest juvenile swimmer of America, at eleven years of age. Miss McLaughlin is still in competition and never failed to win first or second prize in the twelve diving events she took part in during the season of 1921.

The masculine member of the group, the girls' instructor and coach, is the writer.

ALBERT E. GARVIN.

Seeking Health and Finding Romance—On Horseback.

TO THE EDITOR:

It was a year ago that the doctors ordered me to go to a mountain resort as the only hope of recovery after I had been failing in weight, strength and appetite for some time.

I felt, however, that I simply could not

afford to go. Besides I didn't want to go away from my husband for so long. We'd only been married a year, and like most young couples, we had just enough to live on and be comfortable as long as we were both doing our share.

I knew I must do something or I'd soon die, hence I figured out a plan and presented it to my husband for approval. He rejected it, at first, on the grounds that if he gave up his position we'd face starvation. It did seem like a radical step, but I knew that if we did our part God would do the rest. After arguing my case I won.

He gave up his position. We sold what few personal belongings we had, bought us each a saddle horse, one pack horse, a very few camping utensils, and started out from a small town near the line of Mexico. Our aim was to reach Canada, but with no limit on the time, and to seek that which is most essential to life—health.

My husband and I were both lovers of sport, both raised on arms, (we hoped to own a farm of our own some day) hence, we knew something about hunting, fishing and camping.

We took it easy and slow at first, covering only a few miles each day. I rested in camp while my husband fished and hunted.

We'd only been gone a few weeks when my appetite became that of a hungry lion. From then on I began to grow stronger as I gained in weight.

Before we were half-way to Canada I was as strong, happy and well as ever before, but we never thought of turning back for we were just beginning to get well accustomed to our new mode of living and learning how to fully enjoy it.

Oh how wonderful it was to follow along the old Indian trails whose tracks were hardly erased by the rains of one generation! We found that freedom of soul and body which the red-skins lost only a few years ago. We tried to live like the natives of this region.



How John J. Decker put down \$10 - - and drew \$100!

Not only did John J. Decker pick up \$100 for every \$10 he invested, but after a few short months he stopped putting down the ten-dollar bills—and he kept right on picking up the hundred-dollar bills!

Nothing extraordinary about Decker's plan. He simply invested in the safest proposition in the world, and the one that yields the biggest dividends—specialized training. Actually, within six months of his enrollment with LaSalle Extension University, he had added to his income ten times what the course had cost him.

If you have been putting off the time when you were going to do the one thing necessary to fit yourself for a bigger job, at least do *this* one thing TODAY—find out the facts!

Find out, for example, why it is that not a day goes by at LaSalle but what a score of statements such as these are scattered thru the morning's mail:

- "Promoted to General Manager."
- "Now Service Manager, with 476% increase."
- "Passed C. P. A. Examination. Now partner in \$20,000 firm."
- "LaSalle training enabled me to save our firm \$3,988 on a single shipment of freight."
- "Passed bar examination with highest grade in competition with many resident school graduates."
- "The most efficient and most rapidly promoted men in our whole organization are LaSalle-trained."

Ask any member of LaSalle Extension University (and LaSalle enrolls about 60,000 every year), and he will tell you that the reason such results are not at all unusual is because of the *LaSalle Problem Method of Training*. By the Problem Method, the member handles the same problems, comes face to face with the same situations, has the same questions to answer, as he would if he were actually sitting at a manager's desk. Under the personal direction of some of the ablest business men in their respective fields in America, he prepares for duties which years of everyday routine experience could not have fitted him to handle.

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Find out today about this training—learn how you can get it in the quiet of your own home, without losing an hour from work or a dollar of pay—see if it is not just what you need to increase your earning power. The coupon, mailed today, will bring you all the facts, together with particulars of our convenient-payment plan; also your free copy of the inspiring book, "Ten Years' Promotion in One." It places no obligation on you, but it brings you—*opportunity*. Mail the coupon NOW.

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Name

Present Position

Address



From left to right, Lillian Hayward, Helen Dever, Katherine Haire, A. E. Garvin and Florence McLaughlin, all of Philadelphia. A description of their activities is found in the interesting letter above.

Living the Physical Culture Life

(Continued from page 99)



"PRUNOLA" is an ideal combination of two of California's most wholesome fruits, retaining their full nutritive values. It is an excellent tissue builder, rich in natural fruit sugar, oil, basic mineral elements and vitamins. The iron content of "PRUNOLA" is especially high.

"PRUNOLA" is a natural laxative food, and if taken regularly, will restore the normal action of the bowels.

"PRUNOLA" is ready to eat, and needs no further preparation. It contains olive oil in the most convenient form for perfect assimilation.

Carqué's Black Mission Figs

Have you tasted them yet? Those who have depend on them. Carqué's Figs are simply delicious and what is more important, are full of blood building elements. Just the thing to include in the daily diet. Eat them at meals—yes, between meals, too. Give them to the children because they are easily digested and prevent constipation.

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- ½ lb. pkg. Prunola
- 6 oz. " Black Mission Figs
- 7 " " Smyrna Type
- 2 " " Fruit Laxative
- 2 " " Nut Fruto

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PURE FOOD COMPANY
2619 W. 7th Street, Los Angeles, Cal.

those stalwart children of nature, and found sweet peace of mind and body. We could almost see the Great Creator in all the trees and flowers beckoning us on to health and happiness.

We hunted for big and small game—for the fur and the bounty. We trapped some and fished; we picked wild fruit and berries which we ate and sold, and we gathered wild nuts for sale.

Oh how good that coffee and venison smelled cooking in the mornings when the ground was covered with snow!

Sometimes we helped ranchers and homesteaders in exchange for milk and butter.

We studied the country and climate all the way up and saw and learned more than we ever knew or thought existed.

While back in the Rockies hunting for big game we found the finest homestead, partly timbered and with running water on it—just our ideal of a home. All the way on to Canada and back we never found anything quite so nice.

After we had paid all our expenses with our hides, fish, nuts and berries and we worked a day or so now and then, we had some money besides.

We now have five months in which to build our big log cabin with an open fireplace; put in water from the springs above, and put down our catch of bear hides for rugs before the arrival of that sweet one who will make us the happy family of three.

MRS. J. G.

Palo Alto, Calif.

Experiments Resulted in This Health Diet.

TO THE EDITOR:

Your magazine has certainly opened my eyes to the truth of the diet question and its great importance. I have learned more about how to control one's health through various articles since becoming acquainted with your magazine than during all the years spent in going to school.

I will not go into the details of all my ailments, but now when I look back at the miserable health I endured while attending high school, I can clearly see the cause and effect of so many dietetic abuses.

After much experimentation I gradually worked up to the diet I have adopted. Step by step I added more raw food to my menu and omitted more of the cooked food. We used to think we would starve living merely on raw fruits and vegetables. But our whole family is now living on this diet and each one of us has been benefited greatly. We never require any laxatives or pills of any sort.

We make up a vegetable salad of those vegetables that are in season:

- 1 medium tomato
- 4 small round radishes
- 1 piece of celery
- 1 piece of green bell pepper cut fine
- Some crisp lettuce
- A little onion if desired.

Cut these all up in a bowl. One teaspoonful of mayonnaise, two teaspoonfuls of a good tasteless oil, a few drops of lemon juice, a couple of teaspoons of sour cream or clabber milk, mixed well in a cup and poured over salad, makes an excellent dressing.

There is a new product on the market, an oil made from apricot kernels that is perfectly tasteless and is very satisfactory for use on salads.

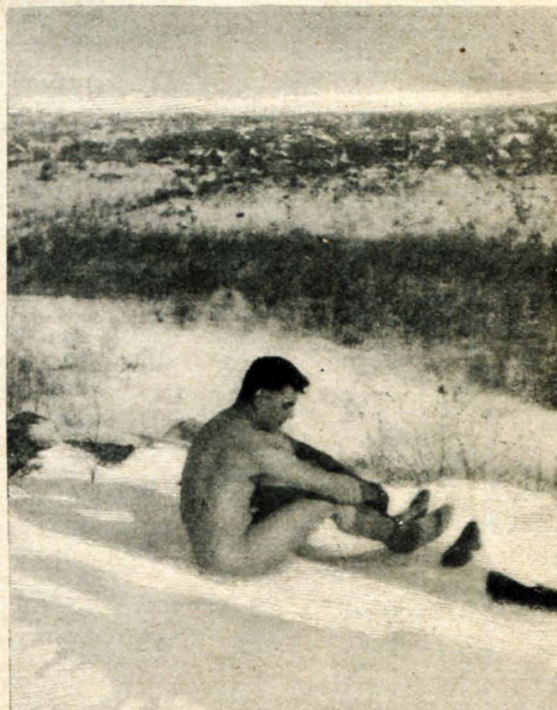
The following makes a very palatable fruit salad:

- 1 apple
- 1 banana
- 1 piece celery

Handful of raisins or a few dates.

Cut these up in a bowl and add milk or whipped cream, with some finely chopped nuts sprinkled over the top. Of course an orange or any other fresh fruits in season may be added to this salad.

We sometimes eat only the vegetable salad



Jimmie Packard of So. Braintree, Mass., illustrates the fact that physical exercise not only results in a fine physique, but gives one the hardihood to indulge in such exhilarating pastimes as this.

at one meal, or for dinner we have both the fruit and vegetable salad. I do not consider it so harmful to eat cornbread occasionally, but a little fresh ground cornmeal and wheat eaten with cream and a few walnuts is very palatable when one's taste has been trained to eat natural foods.

I'll admit it is hard to give up the meats and dishes we have been accustomed to, but it pays. I used to think that I could not eat those raw foods, that they were too harsh for a delicate stomach so I concocted a "nice" soft starchy pudding which only clogged the intestines and contained little food value. Now I find that it takes more energy to digest cooked food.

It is interesting to observe the foods people select at cafeterias. One will take meat, bread and pie, all starch and protein. I have seen a mother give a small child a dish of beans and a rice pudding, both starch foods, more appropriate for a manual laborer.

Besides my reform in diet I now go through a set of exercises morning and evening, and I do a great deal of walking. Incidentally, I never have colds any more.

WINIFRED McCracken,
Los Angeles, Calif.

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step of age. Keep well and strong with the Runathome. Simply made, nothing to get out of order. Handles adjustable to any size. Folds up compactly. Size when folded, 36 x 20 x 7. Weight, 60 pounds. Sent anywhere prepaid for \$35.

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Vitamines— A New Superstition

(Continued from page 25)

such an inside circle, such an ultra-conservative tendency to stand far off from every fragment of real truth while winking and blinking and keeping their mouths shut where bald frauds were cudgeling the brains of plain people, that it is not now to be expected that the same plain people will cling very firmly to the faith once so profoundly reposed in the medical profession.

The more's the pity because the doctors have been closer in touch with the people than any other profession, except the clergy, and have had much of value to give to the people. Alas for their intellectual monopoly of a field in which few men of vision have appeared to guide them right, they all admit that there never was a medical school in America that had sense enough to give a real course in dietetics.

Dealing with the consequences of food follies, it never occurred to them to explore the cause of food follies or to find out what the food follies really were. They were satisfied to tinker with symptoms and to specialize in the curious manifestations of this or that local symptom, which was given one name when it broke out in the little finger of the right hand and another name when appearing on the left shoulder or in the "small o' the back."

Going around in circles, they have left a plain record of their methods and until they examine those methods critically they will never understand why the people have got beyond them.

Take, for instance, the assertion of Dr. R. Adams Dutcher, of the Department of Agricultural Chemistry, Pennsylvania State College, as a sample of professional fog issuing from the mind of an eminently useful and highly intelligent scientist. He was speaking to his fellow scientists when he said: "Regarding the diet of the animal the evidence points to the fact that the vitamine content of body tissues must of necessity be influenced by the vitamine content of the diet."

The neglect of tremendously vital truths which that sentence exhibits discloses the literally astounding extent to which the vitamine superstition has carried honest workers. Why did Dr. Dutcher not declare: "Regarding the diet of the animal the evidence points to the fact that the mineral content of body tissues must of necessity be influenced by the mineral salts and solubles of the diet."

Having made the statement he did make, he proceeded to the next natural step by attempting to prove it. His proof is quite as interesting as his statement. He says: "Drummond and his co-workers, Golding, Zilva and Coward,



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Thus writes Miss Kathleen Mullane, famous Artist's Model and Ziegfeld Follies Beauty. Recently, excessive weight threatened to blight her stage and artistic career. She began to take on flesh rapidly and in a short time she was 20 pounds over-weight—and increasing daily.

In alarm, she tried dieting, eating only one meal a day. This brought on a weakness which was worse than obesity. Exercise, Appliances, Massages, Special Baths, Rubber Clothing and Drugs were all tried—but without success. Then came the marvel. Miss Mullane learned of the new, simple, easily-followed, natural method that has been discovered, whereby she could quickly regain normal weight, a slender perfect figure, firm smooth flesh and abundant health and energy. And this could be done quickly—and without any self-denial, exercise, starving or any other discomforts. It sounded too good to be true. But after all the discomforting things she had done it would have been foolish to fail to try a method that was so simple, so easy, so rapid and actually delightful.

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What Is An Internal Bath?

MUCH has been said and volumes have been written describing at length the many kinds of baths civilized man has indulged in from time to time. Every possible resource of the human mind has been brought into play to fashion new methods of bathing, but, strange as it may seem, the most important, as well as the most beneficial of all baths, the "Internal Bath," has been given little thought. The reason for this is probably due to the fact that few people seem to realize the tremendous part that internal bathing plays in the acquiring and maintaining of health.

To avoid any misconception as to what constitutes an internal bath, let it be said that a hot water enema is no more an internal bath than a bill of fare is a dinner.

If it were possible and agreeable to take the great mass of thinking people to witness an average post-mortem, the sights they would see and the things they would learn would prove of such lasting benefit and impress them so profoundly that further argument in favor of internal bathing would be unnecessary to convince them. Unfortunately, however, it is not possible to do this, profitable as such an experience would doubtless prove to be.

Few people realize what a very little thing is necessary sometimes to improve their physical condition. For instance, that universal disorder from which almost all humanity is suffering, known as "constipation," "auto-intoxication," "auto-infection," and a multitude of other terms, is not only curable, but preventable through the consistent practice of internal bathing.

How many people realize that normal functioning of the bowels and a clean intestinal tract make it almost impossible to become sick?

There is entirely too much unnecessary and avoidable sickness in the world.

You can name but few people, including yourself, who are physically vigorous, healthy, and strong—yet five to ten minutes of time devoted to systematic internal bathing can make you healthy and maintain your physical efficiency indefinitely, and it will do this for people of all ages and in all conditions of health and disease.

People don't seem to realize, strange to say, how important it is to keep the body free from accumulated body-waste (poisons). Their doing so would prevent the absorption into the blood of the poisonous excretions of the body and health would be the inevitable result.

If you would keep your blood pure, your heart normal, your eyes clear, your complexion clean, your mind keen, your blood pressure normal, your nerves relaxed, and be able to enjoy the vigor of youth in your declining years, practice internal bathing and begin today.

A most interesting booklet entitled "THE WHAT, THE WHY AND THE WAY OF INTERNAL BATHING," was written by Doctor Chas. A. Tyrrell, the inventor of the "J. B. L. Cascade," whose lifelong study and research along this line made him the pre-eminent authority on this subject. Not only did internal bathing save and prolong Dr. Tyrrell's own life, but the lives of a multitude of hopeless individuals have been equally spared and prolonged. No book has ever been written containing such a vast amount of practical information to the business man, the worker, and the housewife; all that is necessary to secure this book is to write to Tyrrell's Hygienic Institute at Number 152 West 65th Street, New York City, and mention having read this article in *PHYSICAL CULTURE* and same will be immediately mailed to you free of all cost or obligation.

Avail yourself of this opportunity for learning more about the subject. Do not put it off, but **send for the book now** while the matter is fresh in your mind.

Don't allow procrastination to cheat you out of your opportunity to get this valuable information which is free for the asking. If you would be natural, be healthy. It is unnatural to be sick. Why be unnatural, when it is such a simple thing to be well?

have shown that lard does not usually contain the fat soluble vitamins, due to the fact that the ration of the hog is invariably deficient in this particular food factor."

It is true indeed that Drummond, Golding, Zilva and Coward have shown that lard is deficient in vitamins, but it is also true that the moon is round and that water is wet. None of these truths have any bearing upon the statement which Dr. Dutcher seeks to uphold. Lard is deficient in potassium, iron, phosphorus, calcium, magnesium, manganese, sodium, chlorine, silicon, etc. Lard is deficient in protein and sugar. Lard is fat-refined fat.

Lard couldn't possibly contain vitamins if there were any such things, for the very simple reason that it is such a highly processed fat that when it leaves the rendering tank, following its treatment by heat, fuller's earth, clarifiers, bleachers, etc., it pours from the spout a so-called purified hydrocarbon, deficient in every food factor but the one factor found in all oils.

Corn starch, glucose and granulated sugar are similarly purified and refined products of vegetable origin, containing none of the mineral salts or solubles of kernel or cane.

But Dr. Dutcher goes on, oblivious of these facts, by asserting: "That the vital organs of the type represented by the liver and the kidneys are rich in vitamins scarcely needs comment."

Of course they are rich in "vitamins," as Dr. Dutcher understands the word, for they are rich in the mineral salts and solubles of the animal tissue. When experimenting with fresh liver and fresh kidneys they are not experimenting with refined residues of mechanical and chemical processes, but rather with natural, unjuggled, whole and complete products. There is no analogy and can be none between these vital organs as they are sent by the slaughterer to the laboratory and the refined and finished product known as rendered hog fat.

Rhetoricians deplore what they call mixed metaphors. That some branches of science are marred by somewhat analogous confusions is unhappily true in this so-called age of science.

The dividing line between Dr. Dutcher's truth and his error is a very thin one, so that without transition he passes out of darkness into light. His very next statement is crammed with truth and has a marked bearing upon the statement quoted above. He says: "It is possible to produce milk which is almost devoid of vitamins, depending upon the vitamin content of the cow's ration."

Here lies the great truth which he so inexplicably confounds with the now most popular error of the whole vitamin superstition. One of the cow foods that produces deficient milk is beet pulp, which represents the exhausted residue of the beet sugar mill after the sugar

makers have extracted the precious solubles of the tuber.

One of the most popular dairy rations of the recent past was a mixture of beet pulp, brewer's waste and distiller's grain. Dr. Dutcher hardly needs to be reminded of the fact that these exhausted by-products of brewery and distillery have been robbed of their solubles as the beet is robbed, and that what is no longer to be found in the food of the animal cannot become a part of the animal's tissues. Overwhelming is the evidence to prove that malnutrition and anemia, leading to tuberculosis, have been the commonest sequels of feeding cows on mineral exhausted commercial feeding stuffs.

Of course, when the tissues of the animal are robbed of the nutritional factors upon which they depend for tissue-tone, the milk of such animals is grossly deficient in the substances not present in the animal's diet. Of course the animal suffers a loss of health and resistance. Of course its milk is not normal. Of course disease comes galloping over the "vitaminless" route.

In spite of the flaw in his reasoning, great thanks are due Dr. Dutcher for the evidence adduced by him and his co-workers to prove that dairy butter, depending on the food of the cow, can be grossly deficient in the nutritional factor which the National Dairy Union has unwarrantedly claimed for it in order through an advertising campaign to show its superiority over oleomargarine.

Ideal butter, produced from sweet, fresh, normal cream skimmed from the fresh, wholesome milk of normally fed cows, is undoubtedly the most desirable form of table fat, but the facts too long resisted by the commercial butter makers, their lobbyists, and the politicians who protect them are shameful in the evidence they furnish against the brutal and indecent methods under which nearly 85 per cent. of America's butter is produced.

It will not require much change in the present attitude of Dr. Dutcher to make him one of the most useful workers in the field in which he has chosen to specialize. He gets so close to the truth at times as to make one marvel over his failure to grasp it. He says, for instance, "Silage does not appear to enrich milk as far as the anti-scorbutic vitamin is concerned." Silage, as every farmer knows, is a fermented product and a valuable one when mixed with other fresh foods, but of itself, because it has undergone fermentation, it falls into the class characterized by Dr. Hess as oxidized foods.

He also declares: "We have observed that good green alfalfa seems to influence the nutritive value of the milk, increasing its nutritive properties, but in just what way we are not prepared to say."

Good, green alfalfa is an ideal food for cows. It is one of the two foods prescribed by Moses when the great

(Continued on page 104)



ALFRED W. McCANN.

The great pure food advocate who has single handed secured more than 300 convictions against food poisoners and adulterators.

—TESTIMONIALS—

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Dr. E. S. Coleman, professor Materia Medica, Flower Hospital, says: "Alfred W. McCann's book constitutes the most important contribution of a hundred years to the literature of health and right living. There may be many good books to die by but here is the one great book to live by."

Walter F. Palmer, director Vanderbilt University, says: "I have lived according to his principles and value the book as my greatest possession. I should like to present the whole world with copies."

Cincinnati Enquirer:
"Alfred W. McCann's book is a ringing challenge to America, a land that though richer in foodstuffs than any country loses hundreds of thousands of children annually through ill balanced diets and impure food."

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The world was startled when Alfred W. McCann proved by scientific analysis and investigations that the food we are now eating is causing ravishing disease, untold misery and premature death.

Officials, social workers, and physicians were shocked and horrified at his startling exposures. They stood gasping at the truth.—Unable to fully realize the gruesome fact that they were feeding foods to their own precious children that were causing untold disease and misery.

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Some of New York's foremost physicians prescribe this book to their patients instead of issuing a useless prescription to the drug store. They know the truth and have the courage of their convictions.

—PART OF CONTENTS—

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Denatured Foods Destroy Life
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Constipation
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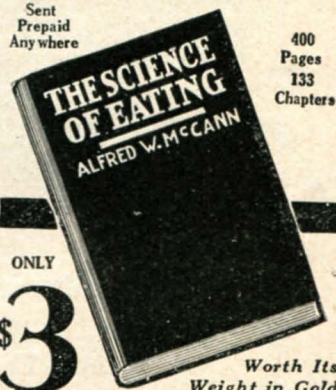
You cannot gain success in life unless you possess a vigorous, healthy body and active brain. But a vigorous body and active brain cannot be purchased at the drug-store. Pills cannot put iron into your blood nor powders give you vitality. **Iron must come from the food you eat.** Certain foods contain iron and unless you eat those foods you cannot supply your blood with the precious element that it needs. If you would avoid the drug-store, if you would save hundreds of dollars ordinarily paid to physicians, if you would be spared the terrible suffering of disease, and save the enormous expense in health, money and opportunity that sickness incurs, do not hesitate another moment but send for this wonderful book today.

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(Continued from page 102)

mystic and law-giver of the Jewish people declared: "And their food shall be grasses and the seeds of grasses."

Here we have the ideal combination of base-forming and acid-forming foods, rich in all the minerals and solubles upon which the tissue-health and tissue-tone of animal life depends. Modern research confirms the wisdom of Moses in this respect and it is not wonderful that the great Ampere, who was not a mystic or a theologian, but a scientist, said, when marvelling over the wisdom of Moses: "He either knew as much of science as we know, or he was inspired." Of course the important point is that Moses was right.

In the meantime, it must not be assumed that the writer in a narrow spirit of carping criticism is unmindful of the splendid fragments of truth which these painstaking workers have contributed to the science of eating. They have illumined many dark places and have made extraordinary progress, and the most serious complaint against them is that through a curious tendency to over-emphasize the importance of half-truths they have been prone to ignore whole truths of vastly greater significance, thus minimizing the value of their efforts and leading them in wrong directions that must be painfully retraced before they can hope to catch up with what might have been had they pursued a different and more truly scientific course.

The long and short of the vitamine situation is this: Get back to nature as fast as you can. Eat things as they come from the ground—greens and vegetables, salads and fruits, whole grain breads and breadstuffs. Add a little meat here and there because it has been your habit of life—lamb stew now and then, or a lamb chop, fried chicken, roast chicken, boiled chicken, bacon, fresh fish, eggs and cheese in moderation, all meats in moderation, and regard them chiefly as the Chinese regard them, as a source of piquant flavor, not as the back-bone of a meal.

Such a simple combination as a glass of milk, a piece of whole wheat bread smeared with butter and honey, a fresh ripe tomato or an orange contains every mysterious, conceivable or inconceivable food substance required by the growing infant or the trained athlete, the expectant mother or the school girl.

There are no academic tables of latinized phrases to learn. Our grandfathers who lived close to nature knew nothing of these things and thrived. Our grandfathers who through ignorance or false step departed from nature failed to thrive.

When the doctors begin to hammer at causes instead of focussing on symptoms, the people will return to them with affection and regard, faith and hope. Until that time they might as well be prepared to see the patent medicine-mongers dominate the field.

Should I Marry My Cousin?

(Continued from page 30)

matings which produce these opposite effects. Nature does not work first one way and then another. If cousin marriages created defects they would always do it. If they created virtues they would also always create them. Why, then, does it sometimes fall out one way and sometimes another way? Nature is not a fickle flirt. She can be depended upon to do the same thing always under the same circumstances.

Twenty-five years ago the answer to these questions seemed hopeless. Today it is a wide open secret. The opening wedge to split the knotty problem was Mendel's discovery, brought to light in 1900, by which the true laws of heredity were at last revealed.

To refresh our memories, let me explain again that some qualities are "dominant" while others are "recessive." You remember black rabbits crossed with white ones gave only black offspring. But these black children mated together gave some white and some black progeny. Plainly the white had been "carried" by the blacks, because it appeared in full force, pure and clean-cut, among the grandchildren. The black is called "dominant" because it always shows if present at all in either parent. The white is called "recessive" because it recedes from view. By appropriate matings the white could have been "carried" in the blood of the blacks for ten or a hundred generations and then by proper matings been brought to light in all its original purity.

Now note this carefully. Dominant qualities do not, under typical conditions, ever skip a generation. But recessive qualities may skip one or forty generations. Note another important point. Dominant qualities will show in the children if only one parent has them. If both parents have them they merely show in greater intensity because the children get a "double dose." But recessive qualities do not typically show unless both parents either show them or else are carrying them. To be technical for a moment, probably no character is completely dominant or completely recessive. The recessive quality, even when not easily seen, probably always exerts some influence. But often this influence is so slight that we have no way of finding it.

To show how long these hidden characters may be carried, Professor William Bateson, the great biologist of Cambridge, England, has pretty well proved that all the flavors and colors of the modern apple are contained in the original wild crab apple. When you bite into the bitter, sour, wicked tasting crab you would never suspect that the flavors and colors of the "Delicious," "Maiden Blush," "Bell Flower," and all the wonderful apples you see on the fruit

stands are somehow present waiting only to be released by the magic of the horticulturist. The original chrysanthemum was no bigger than a small dandelion. But it is highly probable that the marvellous colors and feathery petals, together with the great size and vigor of stem and blossom were mostly present in the little ugly weed that grew wild in Japan.

Now let us make the application of our knowledge to the cousin marriage problem. The most brilliant workers in this field of inbreeding in the world are Drs. Edwin M. East and his assistant, Dr. Donald F. Jones of Harvard, and Dr. Helen M. King of the University of Pennsylvania. I strongly urge any practical breeder of plants and animals who understands something of biology to study the little book by Drs. East and Jones called "Inbreeding and Outbreeding," published by Lippincotts.

Drs. East and Jones experimented mainly on corn. Ordinarily corn is cross-fertilized, the pollen grains blowing across the field. But they fertilized each corn stock with its own pollen. This is far closer inbreeding than is possible with animals.

The results were amazing. The corn degenerated rapidly. All sorts of blasts, defects and stunted growths appeared. Many of the offspring proved sterile. Many valuable characters were entirely lost. By the fifth or sixth generation any one would have said the corn was worthless. For all practical purposes, it was. However, after about the sixth generation no further degeneration of any moment occurred! Like a clock that has been wound up and set going, the degeneration seemed to run down. No new defects appeared after this time.

But this is not the end of the story. The conclusion is dramatic. In the twelfth generation they took these little, worthless looking "nubbins" from two widely different varieties, and crossed the plants from them. The picture shows the astounding result. All the old vigor, size and quality of the corn of twelve generations back was instantly regained at one leap! The experiments have not yet gone far enough to say with certainty that this new corn is better than the original, but all evidence points strongly to this conclusion.

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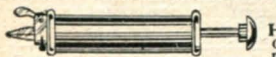
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cross-bred. But when self-bred there was nothing to cover up the defect. It stood revealed in its ghastly nakedness.

This goes to the very heart of the cousin marriage problem. As Professor East asks, "Does the inbreeding in itself cause the defects? We can answer emphatically, No. It merely uncovers them."

But the inbreeding purifies the stock. That is, by throwing out the defectives as they are uncovered, you get a few samples left which, while they lack in vigor of growth, yet are free from fatal defects. They are small and runty, but they are pure and free from taints. Now when you cross two such strains again, which have been purified by inbreeding, you bring together a large number of dominant qualities entirely freed from recessive defects to hold them back. The result is big double doses of excellent dominant qualities from both sides. So your stock is better and purer than ever.

Of course, this is a loose explanation, but essentially true. Now apply this method to animals. We can not self-fertilize them. We take the next best method, we mate brother and sister or parent and child.

Dr. Helen D. King, of the University of Pennsylvania, has inbred 50,000 rats by this method. The public has little idea upon what an enormous scale and with what painstaking care these experiments are conducted. The experiment has run for thirty-eight generations. Just yesterday, I had a letter from Dr. King enclosing a picture of one rat of the thirty-fifth generation, No. 3094, which she states is larger and finer than the famous Goliath, whose picture is published here. Now, Goliath, who was born in the sixth generation was the largest and finest albino rat ever recorded before in the world. But this last rat, while he does not show so large in the picture, is finer, more perfect and vigorous, and weighs more than his ancestor twenty-nine generations down the line. Yet this last rat has had nothing but brother and sister ancestors for thirty-five generations. As Dr. King calculates, if these were human generations, it would cover a period of 1300 years.

Now what happens in the case of these inbred rats? Almost, but not quite the same as in Dr. East's corn. In self-inbred corn you could be absolutely sure that the inbreeding in and of itself did not produce the injury. In the inbred rats you can be almost as sure. But, the sum and substance is that the brother and sister matings soon give a chance for all the recessive defects to come together in the offspring and show themselves. In the experiments, of course, the rats showing these defects were discarded.

By the third or fourth generation it is a practical certainty no more defects are going to show up. But in each litter Dr. King selected the two finest, as parents of the next litter. The inbreeding rapidly

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purified the stock because the hidden recessive defects soon came to light and were thrown out. They come to light because the brother and sister mating gives them a chance to meet each other. And remember that both recessive defects and virtues must come from both parents before they will show in the offspring. If these rats had been cross-bred as in nature, it would have been only rarely that a recessive defect would get a chance to meet its like on the opposite side. But brothers and sisters are carrying very much the same bunch of both defects and virtues. That is also true of cousins, only in a slightly lesser degree. The children are much more likely to get double doses of the virtues and also double doses of the defects. But the breeder throws out—as Miss King did—those which show the defects, and keeps the ones for parents which show the virtues. Thus your inbreeding has purified your stock because it has reduced it to a set of undefiled dominant qualities.

Now, had Miss King taken the two worst from each litter as she did the two best, and bred two separate lines she would soon have had one line so defective it could not have survived. This proved true in some experiments conducted by Dr. Sewall Wright, Senior Animal Husbandman, of the U. S. Government. Some lines were soon established which could not even be kept alive.

Now what is the great lesson these researchers have taught us? Simply this: that inbreeding, no matter how close or long continued, does not in and of itself create any defects or create any virtues. It merely gives them a better chance to come together and meet their opposites. It takes off the lid. Now it is the general rule of nature that most defects are recessive and most virtues are dominant. This is because of the very fact that nature kills off her weaklings

as fast as they show up and the dominant defects show up early in the game and get killed off, while recessive defects may be carried hidden for hundreds of generations. So nearly all the bad things that are now in human nature, such as insanity, feeble-mindedness, epilepsy and the like, are recessive.

But by cousin marriages and inbreeding these recessive defects once more get their chance to come from both sides and reveal themselves. It is a pity that the human family does not follow the breeder's practice and throw out all defectives from parent-hood, whether cousins or unrelated.

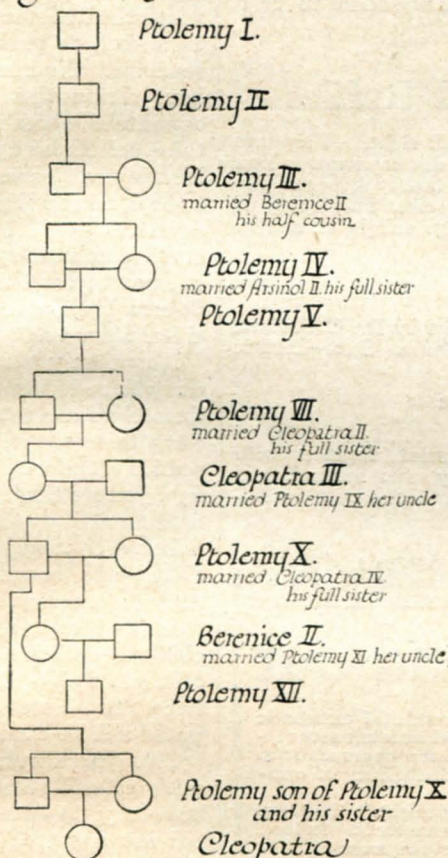
These authorities all conclude therefore that the surest way of building up any breed of plants, animals or men, is by inbreeding coupled with the selection of the best parents, and the elimination of the worst from the line. We cannot, of course, do this in the human family, but we can prevent defectives from marrying.

Now sometimes great performers, such as prize dogs or show horses, come from crossing two highly inbred and rigidly selected parents from different strains. You see this brings together a large number of fine dominant characters from both sides, freed from hidden defects. This often results in animals of great size and beauty. Farmers do this continually to produce large hogs or

cattle for sale. But while these large, fine performers are excellent individuals, they do not make the best sires. To speak loosely, these dominant qualities soon become so scattered out, that the great strength and vigor disappears in the children and grandchildren. The progeny, in short, return to the average. But inbreeding and selection will produce the great sires again.

I think that now the mystery of cousin marriages stands revealed. And like nearly all mysteries the explanation turns out to be very simple. You can

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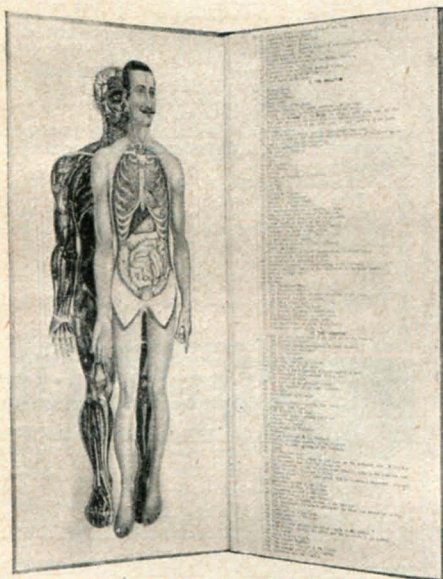
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see why some cousins ought to marry and some ought not. It depends upon the soundness of the cousins on the one hand and the soundness of the ancestors on the other. You see cousins have very much the same set of ancestors. Now some of those ancestors might have had feeble-mindedness, epilepsy, dementia precox (adolescent insanity), paranoia, maniac-depressive insanity, extreme alcoholism, deaf-mutism, involuntional insanity, hysteria, Thompson's Disease (lack of muscular tone), or even the tendency to produce twins, all of which the students who have investigated them, believe tend quite strongly to be recessive. No immediate ancestors may have shown these defects because the opposite side was free from them. Had these defects been cataract of the eye or Huntington's chorea, which are believed to be dominant characters, the immediate ancestors would have shown them because dominant qualities show if only one parent has them. But in the other defects mentioned, both parents must either show them or else carry them.

Now then you see that many persons carry these hidden defects of which they themselves are entirely ignorant. They carry them not in their bodies but in a portion of their reproductive cells. Therefore, you see that two cousins would be a little more likely to be carrying the same defect, even though they themselves were strong and sound, since they had a common ancestry.

In that case, a portion—not all the children—indeed about one-fourth of the children, would show the defect in full force. Some would be free, and some would still be carriers.

This general rule, then, we can pretty safely establish from all experiments and knowledge to date. If the same defect has not appeared on both sides within three generations it is as safe for cousins to marry each other as to marry into any outside family. They might even then, in rare cases, produce one defective child out of a dozen or so. But this would be no more likely to happen than if the parents were not related. This comes from the fact that one person out of fourteen, according to Dr. East's calculations, is carrying some hidden defect. He admits that these figures are extremely liberal. I think myself that one person out of seven or eight is a more correct estimate. There are, then, no greater dangers for cousins with sound ancestors on both sides for three generations to marry, than for ordinary unrelated people to marry. The chances of a defective child are about even in either case, and in both cases are pretty remote.

It is plain then, why in some communities where cousin marriages have been frequent we have fine results, while in others the results are disastrous. In the first case we had good stock. The intermarriages only preserved and built up these good things. In the second

case we began with bad stock and inter-marriage handed the bad things along in more frequent and intensified form.

I lectured recently in a town on Long Island. To my surprise everybody seemed to have the same name. Let us call it Brown. The ushers were Browns, the church officers were Browns, the preacher and janitor were both Browns. I asked if there was a reunion of the Brown family or a general convention of all the Browns in the world. They said they were all one family and mostly cousins. They are as fine and sturdy a lot as I have ever seen.

Dr. Charles B. Davenport, in his fine book on "Heredity in Relation to Eugenics" (published by Holt and Company), to which I refer the reader for a fuller discussion of cousin marriages, tells of the inhabitants of Smith's Island off the coast of Maryland where fifty-nine per cent. of the population belong to the Evans, Marsh, Bradshaw and Tyler families. Yet in three years the local physician did not discover a single case of insanity, idiocy, epilepsy or deaf-mutism. Among the first families of Virginia and Kentucky intermarriage was common and gave the nation governors, generals, senators and national statesmen by the dozen. They were merely good stock to start with.

But where defects are in the stock cousin marriages are perfectly shocking in their results. Intermarriages wrecked the Royal Houses of Spain and Austria after insanity crept into the blood, probably through the grandmother of Charles the Fifth of Spain. But, among the Royal Houses of England, Denmark, Sweden, Norway and older Germany, intermarriage produced good results.

Among the low families like the Jukes, the Nams, the Hill Folks, the Dacks of Western Pennsylvania, the W— family of Kentucky, studied by Professor Anderson of Lexington, Kentucky, cousin marriages have led to ghastly results. In one Massachusetts town studied by Mrs. Ruth Moxcey Martin, she reported in a paper read before the Eugenics Congress, that the tendency to suicide ran in the leading families. They intermarried and intensified it so much that the town is now known as "Suicide Town." The members live in constant fear of killing themselves.

The sum of the whole matter is, then,

Can You Inherit Disease?

WHY do some people suffer from certain complaints whereas others do not? Why are the kidneys the weak link in the chain in the case of one individual, and the nerves the weak point in another? Why do some people have T. B. and others living under the same conditions find themselves immune to it? Why do we find measles a mild childhood disease, whereas the Eskimos

that cousin marriages in themselves do not produce or cause anything. They intensify bad things and intensify good things. That is all there is to it. The final teaching is just this. No State should absolutely forbid cousin marriages. They should study each case by itself. But, since this is not done I would personally urge with all cousins who think of marriage that they correspond with the Eugenics Record Office at Cold Springs Harbor, N. Y. All correspondence is confidential and is entirely without charge. They will tell you what to do. If you love each other do not break your hearts by separating if science will permit you to marry. Also do not bring upon yourselves and your children lives of tragedy by getting married when you should not do so. Don't take your own judgment, when it is so easy to get scientific judgment.

I urge all farmers and practical breeders to get into touch with their state Agricultural Experiment Stations. They are losing millions of dollars by false ideas and superstitions about inbreeding and outbreeding. Your State Experiment Station will help you immensely.

But remember that rats, horses and men, when it comes to heredity are all alike. Fineness of character, gentleness, vigor of body and mind are inherited in human beings by precisely the same laws as in horses. Eugenics has but two aims, the encouragement of fit parenthood and the discouragement of bad parenthood. Blood will always tell. See that in your marriage it tells a story not of misery, insanity, alcoholism, feeble-mindedness and woe, but one of happiness, health, glory, and honor.

Defective persons should rarely, if ever, marry. They should almost never, as in deaf-mutism, marry each other. Persons with similarly defective streaks, whether cousins or not, should *never* marry.

But, for many generations yet there will be from the noblest parents an occasional defective child. This is because the human race is still carrying the skeletons of the false marriages of our ancestors. But more and more, by using common sense, true religion and the aid of science, these skeletons can be destroyed so they will never again appear, breaking the hearts of loving parents, wrecking the lives of innocent children and cursing our common humanity.

die like flies from it, with a ninety-five per cent. mortality? What is it that determines the thing that is known as "resistance?" Is it something inherent in ourselves? Just what is the truth about this most interesting and important subject? You will be glad to know that the question of the inheritance of disease will be presented in Mr. Wiggam's article in *PHYSICAL CULTURE* next month.

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This book may be purchased at any of the stores mentioned on page 134.

For a complete list of physical culture books see page 125.

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If you want your hens to make more money for you cut this out and send it with your name and address to Henry Trafford, Suite 262-F, Court Bldg., Binghamton, N. Y., and a free copy of his 1000 EGG HEN Bulletin will be sent by return mail.

Mending Locomotor Ataxia with Milk

(Continued from page 45)

a complete fast of from three days to three weeks, depending upon the character of the disease, and the amount of toxemia present.

I have seen and talked with patients—and many times with the able men who had diagnosed these patients—and have studied the case records and reports of scores of cases treated mainly by this "milk cure," mixed with a lot of fresh air, and a sufficient amount of exercise. In many instances I have been thunder-struck with their improvement.

Ulcer of the stomach, diabetes, rheumatism, all forms of neurasthenia, shell shock, auto-intoxication and the protean symptoms arising from auto-toxemia, indigestion, catarrh of any part of the mucous membrane,—including gastric catarrh and mucous colitis,—persistent insomnia, bronchitis and asthma,—in fact, practically all the chronic disorders, in which faulty metabolism and under-oxydation are the prominent factors, seemed to be indubitably helped by this treatment.

Many of these cases I shall describe at length in this series of articles. This, to my mind, was one of the most striking, instructive and interesting of all the cases. So much so, that I'm going to let him tell his story in his own words. I merely add that, because of the fact that the origin of this man's ataxia was the usual one, syphilis, his name is here withheld.

Permission, however, is freely accorded the editor of this magazine to furnish his name to any physician or interested party, who will write the editor, making the request, when the facts here stated will be confirmed.

I may add that I have the names of a dozen or fifteen of the physicians who diagnosed Mr. X as an ataxic, with a syphilitic history, and treated him accordingly. Also the names of the various hospitals, sanitarium, and other institutions where he has spent so much of the last fifteen years, before encountering the Miracle of Milk, are to be had.

I need only add that the treatment Mr. X outlines is of such a character as to be safely and readily attempted by any person of average intelligence, if combined with more than average stick-to-it-iveness.

This last is rather important, as otherwise failure is foredoomed. However, if I had locomotor ataxia, I'd be glad to give the treatment a very thorough trial.

"I believe I may truly lay claim to the unenviable distinction of having been given up by more doctors than any other living man. Only this year I added five specialists to my list—each of whom said that nothing more could be done for me.

"Is it any wonder I lost hope, and that, time and again, I was prevented from

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cess, see THE LIFE WAY
PLAN, page 123.

killing myself only because of the vigilance of my attendants!

"While I had suffered several nervous breakdowns before, I guess the real beginning of my trouble dates from a case of syphilis. I contracted it fifteen years ago—at least, that's what the doctors all say.

"I had the primary chancre, and the sore throat. But I never had much eruption, or any other symptoms that I knew of. The mercury and iodides, which I took in tablets, capsules and drops, after a time seemed to control this.

"But these drugs didn't control my nerves. For they broke down utterly on me, so that I was forced to take the Weir-Mitchell rest cure of twenty-one days in bed, with forced feeding of approximately five meals or more per day.

"After about two and a half months I got back on my feet, supposedly cured. It was only a short time, however, until I had another breakdown, and after consulting several doctors my case was diagnosed as mental depression and blood infection, and treatment was instituted.

"It was varied water treatments with plenty of medicine, in drops and capsules, also massage and hot and cold packs.

"I recovered to the extent that I was put on my feet again, and assumed my old position on the road.

"I did well for a few years, when I had another breakdown, diagnosed by several nerve specialists as severe mental depression and advanced stages of blood infection.

"Again I went to an institution, where I took substantially the same course of treatment as outlined in my previous breakdown, but will add that the medicine was given me in greater quantity than during any previous treatment I had had. I was again brought back to health to such an extent that I was able to resume my old position. But I guess I was only patched up as on previous experiences, for three years later I experienced another breakdown.

"As usual I called on various specialists, and the same old story—back to the family physician, and a repetition of the capsules and drops, and rest and forced feeding.

"I realized then for the first time, after my many breakdowns, that I was in a desperate condition, and that if I wanted to enjoy real health, I must seek further relief.

"My folks sent me West to the mountains, where I remained two months without treatment, although I received some benefits from the fresh air.

"I then called on a specialist, who took the history of my case, and commenced the old medical treatment consisting of drops and capsules and many nerve tonics. I continued under his care for about four months.

"After leaving the mountains I returned to my old position, thinking I was entirely cured, but I experienced another



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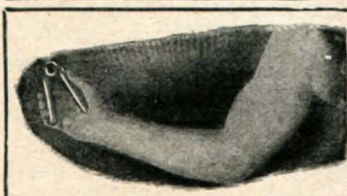
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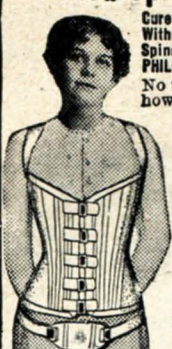
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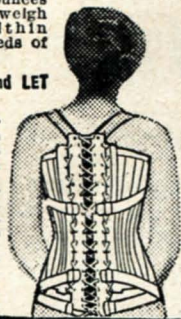




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breakdown in 1917. I wanted to go to a physical culture institution, but my people decided on a "regular" sanitarium treatment. After twenty-two weeks' treatment, I left the sanitarium only slightly improved.

"I went to Ann Arbor, one of the famous colleges of this state, and was examined by a corps of physicians who are considered experts in their particular line. Their diagnosis was that I was incurable, that I had locomotor ataxia, and that whatever treatment I would receive would be merely palliative.

"So my relatives placed me again in a sanitarium. Here the head nerve specialist, after examination, decided that I was too far gone to be treated in the main building. They therefore placed me in an annex, under the care of the medical superintendent.

"I was received in this institution with a welcome, but as I passed through the doors, I discovered bars on the windows. The doors locked behind you and the guards took charge. After examining me, the doctors pronounced me in the last stages of mental depression, nerves completely gone, locomotor ataxia, and severe constipation and bladder trouble.

"After the examination at this institution, just before leaving, my people were informed that my case was absolutely incurable; but that they could lengthen my life, although I would always suffer. Not only the physician stated this, but the sisters also told me the same thing.

"I remained here for five weeks, suffering what seemed to me to be the torments of Hell. Finally I was returned to my home, where I was stopped several times from committing suicide. The future looked very black.

"About this time a friend introduced me to the PHYSICAL CULTURE Magazine, which seemed to open up a new point of view to me. It made such an impression on me that, after reading it through several times, I finally decided that, as I had tried everything else, I would now give Nature herself a trial. She couldn't do much worse than all the doctors I had had.

"So I corresponded with some experts who used physical culture methods, and finally presented myself to them for treatment.

"When I arrived at the institution, the doctors found I had ataxia with severe mental depression, trouble with the bladder and prostate and constipation. X-ray photographs showed nervous constriction at the opening of the stomach which caused difficulty in swallowing.

"The physicians at this institution immediately started me on a fast, but I was so depressed and continually discouraged that I tried time and again to dispose of myself, so that hardly ever was I left without an attendant.

"I was put on a twelve-day fast with water only, of which I averaged about eight quarts a day, and lost eighteen pounds. I broke the fast at the end of

the twelfth day, although the doctors wanted me to continue it a while longer.

"Then they placed me on milk, starting at one quart, and increasing rapidly until I was drinking eight quarts a day. I also had various baths and hydrotherapy and many splendid exercises, from which I derived much benefit.

"During this time, and up to the time I started to notice a change for the better, I was continually cursing and swearing, bewailing the fate that saddled me with locomotor ataxia.

"After about six weeks, however, a remarkable change for the better came about, and since that time I have been making very rapid progress.

"After twenty-one days I had gained 42 pounds, and was able to walk quite a little distance each day. In fact, I improved so rapidly that now my mental depression is entirely gone, constipation is cleared up, and the stomach and oesophagus constriction do not trouble me now. The bladder trouble is also cleared up to such an extent that I can retain urine and pass it freely. And the locomotor ataxia is practically gone.

"I can stand with my eyes closed and my feet together, without swaying, and walk a straight line with my eyes closed—something I have not been able to do for years. I am absolutely free from pain, although I still feel a slight numbness in the lower parts of the legs. And I am well able to recognize whatever I take hold of, whereas, previous to taking this treatment, it was impossible for me to tell what I was taking hold of, due to the lack of sense of feeling, which had left me because of the locomotor.

"The experts told me that the milk tends to have this curative effect because it furnishes mineral salts, vitamins and other food elements that go to build up new pure blood; also by increasing the activity of the white cells in the blood that feed on the germs of disease.

"They say—and I believe this, for I have proved it, over and over again—that milk is an easily digested food that is readily assimilated; and that it contains many substances required for the growth of tissues, and for the repair of diseased organs and worn out cells.

"When you are taking milk there is never any worry about food combinations, or whether they are compatible or not.

"For all the elements needed are right there in the milk in their living, organic form, which the sick body uses to the best purposes.

"Each day I seem to be making more and more progress, so much so that I am now able to dance for hours at a time, and walk many miles every day. The best part of all this is that the treatment is of such a character that I can continue it for the rest of my natural life, if need be.

"I feel quite certain, considering the hopelessness of my condition when I started this treatment, and the marvel-

lous effect it has had, that it will be quite impossible for me ever again to get into a state where I should need to undergo a complete course again. For I am practically well, and mean to remain so.

"I see no reason why any person who has the moral stamina to undertake a fast, and a restricted milk and orange diet treatment should not be able to do for himself quite as much as has been done for me by the Nature cure doctors.

"It needs courage and a whole lot of perseverance. But it is well worth the effort."

Are You Bald Headed Inside or Out?

(Continued from page 51)

menting their departing locks, and those who realize that it is a foolish habit and that other things are far more important. Glory in your possessions, not in your defects. After all, hair is simply an evidence of our centuries of barbarity. A monkey is always hairy. The farther we are removed from the monkey stage the more likely we are to lose our scalp adornments. The hair on our heads is in this respect similar to the wisdom teeth. Our ancestors needed them; we don't. Therefore Nature permits us to lose them without any great inconvenience. And why worry about something you never see? The only time a man notices his lack of covering is when he preens himself before the mirror, and that place should be reserved for his wife.

"Some foolish mortal conceived the idea that lack of hair is evidence of lack of physical strength. What if it should be? Men are no longer stalking the highways in search of prey. But the story is absurd. Do you know who won the 1920 Marathon race, the most gruelling test of physical endurance in the athletic world? It was Hannes Kolehmainen, whose glistening head nosed in a full sixty yards before the rest of the field. Do you know that Karl Moerke of Cologne, the strongest man in Germany, who rises from a sitting posture with four hundred pounds of iron on his shoulders, is as bald as the proverbial bat? Consider Tommy Burns, the former heavy weight boxing champion. Remember also that a certain baseball star, despite this alleged feebleness, managed to amass a batting average of about .400 in 1920, as well as marking up a brilliant record in the World's Series. In this connection, did you ever stop to think that the American national bird, famous for its strength, is the bald eagle?

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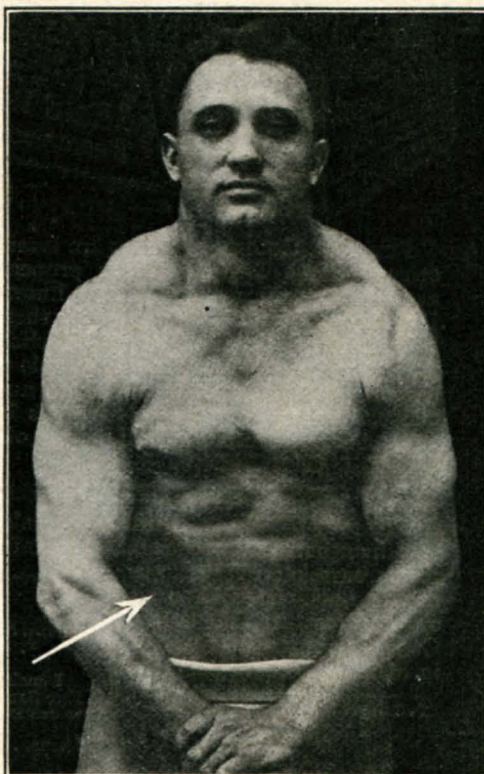
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ures of youth, we love its innocence, we tolerate its weaknesses, but we place our reliance on the maturity of experience. Most of the famous men of history have been, sooner or later, without a spare thatch. It is as though their brains, once freed from excess baggage, have experienced a new thrill of freedom and have become pulsing with life and energy.

"It isn't what is on top of your head that counts. It is the wrinkles on the inside. Beauty and brains seldom go together. As long as men spend their time trying to look beautiful they neglect constructive thinking. When they cease wondering what folks are saying about their looks they begin to wonder what folks are saying about their achievements. Then the victory is almost won. The work of the world is being largely transacted by its bald-headed men. If they were suddenly removed to a better land there would be a revolution in fifteen days and world bankruptcy in thirty.

"Of the twenty-two members of the French cabinet and their expert advisers, seventeen are bald; so is Gabriel D'Annunzio, the poet soldier who has defied the world to dislodge him from Fiume; so is M. Venizelos, premier of Greece; so is former premier Clemenceau of France; so is ex-President Poincare; so is Leon Bourgeois, first President of the League of Nations.

"In military and naval circles there are Admiral William S. Benson and General Tasker H. Bliss, not to mention a certain gentleman by the name of Foch, who is at least on the border line. Congress is full of them. In fact one requisite for election seems to be lack of superfluous cranial adornments. As typical examples consider Senator Poin-dexter of Washington, mentioned as a man of presidential timber in 1920 and Speaker Gillett of the House of Representatives, whose constituents have elected him continuously since 1893.

"When America wanted to win the war she called a whole host of bald-headed men to Washington to lead the nation. Among them were Walker D. Hines, Director General of Railroads, Harry Garfield, Fuel Administrator, Daniel Willard, Chairman of the War Industries Board, W. S. Gifford, Director of the Council of National Defense. Do not forget Samuel Gompers, President of the American Federation of Labor, Franklin K. Lane, former Secretary of the Interior, John Barrett, former President of the Pan-American Union, or William Jennings Bryan.

"In big business we have the names of Jacob H. Schiff, who left an enormous estate and the love of a host of devoted followers; T. Coleman du Pont, head of one of the greatest powder concerns in the world; Andrew Carnegie; and E. H. Gary of the steel corporation.

"In literature remember Sir Oliver Lodge and James H. Hyslop; the authorities on psychic science, who are

popularly supposed to commune with spirits in the next world. In this connection did you ever realize that the two most pronounced examples of lack of top knots are the babies just from heaven and the old men about to go there (presumably). From which we may deduce that angels must have polished domes. The pictures of the old-time saints bear out this idea.

"Then there is John Galsworthy, the famous English novelist; also Blasco Ibanez, whose "Four Horsemen of the Apocalypse" has run through more editions than any modern piece of literature.

"It may not be out of place to recall that the only occasion when the Nobel Prize has been awarded to an American physician was when it went to Alexis Carrel of the Rockefeller Institute for Medical Research; or that when President Wilson was taken ill a call was sent out post-haste for Dr. F. X. Dercum, a Philadelphia specialist. Both of these physicians belong to the class under discussion.

"The list is unending. If Nature has decreed that you are not to look like an artist's model of a Greek god perhaps you can be somebody instead. The world will remember you for what you did, not for the color of your eyes or the fact that the hairs of your head are numbered.

"Whenever you feel a hopeless longing to be beautiful, think of Abraham Lincoln, whose political friends hesitated to support him for office because he was so lacking in physical beauty, but who in life won the affection of even his opponents and who in death is the most beloved of all Americans. If you cannot be an Apollo, be a Lincoln; it will be more worth while."

And now permit the Editor to intrude with a word regarding the title of the above discussion, which was written by Mr. Loisele under the heading of "The Glory of Being Bald." We found another title, however, and Mr. Albert Edward Wiggam, our esteemed staff writer is to blame for it. We borrowed the expression "bald inside or out" from Mr. Wiggam's article in our May number.

When Are You Going to Your Funeral?

SOME people with apparently a morbid streak like to go to funerals. But if you are like most people, you do not enjoy funerals, although it is certain that some day you will go to your own. An important question, however, is when?

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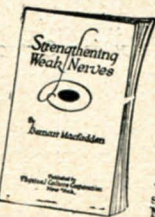
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How Ethical Is Medical Ethics

(Continued from page 31)

patient is of first importance," this is followed by other provisions which may quite conceivably deprive the patient of the primary benefit from the collective wisdom which is supposed to flow from the putting of several medical heads together. Thus Section 5 of Article III, relates: "After the physicians called in consultation have completed their investigations of the case, they may meet by themselves to discuss conditions and determine the course to be followed in the treatment of the patient. No statement or discussion of the case should take place before the patient or friends, except in the presence of all the physicians attending, or by their common consent; and no opinions or prognostications should be delivered as a result of the deliberations of the consultants, which have not been concurred in by the consultants at their conference." In Section 7 of Article III, it is further enacted: "Should the attending physician and the consultant find it impossible to agree in their views of a case, another consultant should be called to the conference, or the first consultant should withdraw."

To insure the prompt withdrawal of a dissentient consultant, Section 8 provides: "When a physician has attended a case as a consultant, he should not become the attendant of the patient during that illness except with the consent of the physician who was in charge at the time of consultation." Section 1, Article IV, of the Code lays a further "ethical" embargo upon the consultant's freedom of speech and conduct: "The physician in his intercourse with a patient under the care of another physician, should observe the strictest caution and reserve; should give no disingenuous hints relative to the nature and treatment of the patient's disorder; nor should the course of conduct of the physician, directly or indirectly, tend to diminish the trust reposed in the attending physician." (Italics all mine.)

From all which it is plain, that the consultation, ostensibly staged for the benefit of the patient in reality conducted in the interest of the physician in charge of the case; whose fame and prestige are proportionately enhanced by having his treatment of it vindicated by so many eminent "consultants," who are so hedged about by "ethical" considerations that they have no choice but to become rubber-stamps for the head doctor or get out! True, the section enjoining the retirement of dissenters, likewise flings a tardy and perfunctory crumb to the patient: "However, since the consultant was employed by the patient in order that his opinion might be obtained, he should be permitted to state the result of his study of the case

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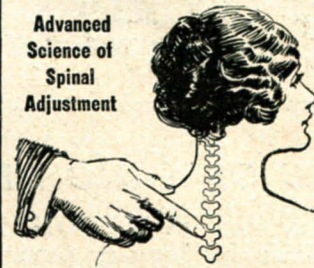
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to the patient, or his next friend, in the presence of the physician in charge." As it is a pretty safe gamble that the patient, or his next of kin, has been warned by the "physician in charge" that the retiring consultant is "a bit erratic and faddish, prone to take up with unsupported and untenable theories,"—and extremely lucky if he escapes being called "a quack," the chances are he will not be called on to air his dissentient views; and if he does, the proviso which compels him to speak only in the presence of the attending physician, subjects him to further "ethical" pressure, as well as the social restraint laid upon all of us, requiring us to be "tactful" in telling people to their faces what we think of them—when we happen to think they are no good.

Hence it is easily seen how, under these conditions, any independent contribution to the consultative discussion of the case is rendered impossible, and the consultation is a howling farce from the standpoint of obtaining any new light on the situation or help for the patient. And yet, this consultative advice is rated so superior to the ordinary garden variety of medical opinion, that it comes very high on the patient's bill. The following story is vouched for by a well known M. D. of New York City: A wealthy old lady living on Fifth Avenue, and afflicted with bad eyes, asked her family physician to call into consultation a European specialist who chanced to be passing through the city—and it was done. The family doctor explained to the stranger the nature of the trouble; the latter sat by the old lady's bedside for fifteen minutes, chatting gaily on various topics, and left without even examining her eyes. Shortly afterwards, however, he sent her a bill for two hundred dollars, for agreeing with the findings of "the physician in charge," which according to the Code is what every well-behaved consultant should do! Medical Ethics.

But if the only sufferers from this particular form of medical graft were the idle rich,—who dangle their pet doctors much as they dangle their silken poodles and jewel-studded lorgnettes, and to whom the loss of two hundred dollars is a mere bagatelle—the case would not be so bad. There is no question however, but that much hardship and privation is entailed upon people of moderate means by the death-bed "consultation" fees of conscienceless practitioners. Not long ago I received a letter from an Illinois woman begging for dietetic instruction in the case of her husband—a cancer subject—whom she said "nine doctors had pronounced incurable." I sent her the information sought, without charge, but stipulated as a return favor that she would please write me how much those nine doctors charged her for telling her her husband couldn't live! I haven't heard from her, and think she also may be restrained by

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BRAIN POWER

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Medical Ethics. Many persons are, alas! who do not belong to the profession,

Indeed, if the members of its own professional class were the only people to feel the stranglehold of the medical autocracy, it would not be the great and irresponsible power for evil in the world that it is today, nor would the task of combatting it be quite so formidable. Perhaps the historic fact that the first medicine men were also the priests and religious teachers of the race, may account for the feeling many of the laity have, that to question the good faith of the doctor is like questioning God.

Now from the standpoint of the rationalist, it is not necessary to question either the sincerity or the integrity of many individual doctors, to realize that the system under which they are operating is honeycombed with corruption and abuses, which can only be reformed by a radical reorganization of the whole. To begin with, it is based on a sham, and we cannot expect very fair fruit from any tree which is rooted in hypocrisy. By paying doctors to treat and "cure" disease, instead of paying them to prevent disease by teaching the people how to build health by rational hygienic living, we force the poor doctors to work—or pretend to work—to destroy the source of their incomes; any other class of workers who made this preposterous claim, would be laughed out of court.

In order therefore to escape the plain inference from the inverted logic of their calling, doctors have had to give it out that they are made of finer stuff than ordinary folk, and conduct their business on a more idealistic plane; and this bland assumption is set forth in the first paragraph of the "Principles" under the caption, "The Physician's Responsibility:" "The practice of medicine has for its prime object the service it can render to humanity; reward or financial gain should be a subordinate consideration."

Thus the second sham pretension is superimposed upon the first in the medical edifice, after which others are easily added and worked into the imposing structure of fanciful popular belief about "the profession;" for where two or three popular fictions—which it is money in somebody's pocket to foster—are gathered together, there will be others naturally and quickly attracted. One of these popular fallacies about the medical profession, is, that doctors and nurses from their constant association with pain and misery, are more humane and compassionate than the average individual, and that this excessive compassion is, or should be reflected in the gentleness of their methods; whereas, it is obvious that just the reverse of this is true. Their constant familiarity with suffering renders them callous to it—inevitably, just as we all become indifferent to anything we do over and over again; and besides this power of custom—against which doctors are no more proof than anybody else, they are under

a special constraint to steel themselves against pity—as they will tell you themselves—in order to “keep a steady nerve” for the tasks required of them. Nor can it be denied that there are savage brutes among doctors, as among men of other callings; and instances are not rare of unquestioned perverted, sadistic impulses and practices among surgeons, vivisectionists, and gynecologists.

Let us try to be fair to the doctor—as well as the Devil—in his difficult rôle; and the best way to do that, is to put him and his activities on precisely the same level as all other men's, and judge them by the same standards. A first step in the line of justice to the doctor, as well as to the public, is to drop out of our minds the silly notion that medical service is any more humanitarian, any more altruistic, any more “noble,” than any other kind of paid service. The man who sells us relief from earache or pleurisy pains, is in the same category exactly as the corner grocer who sells us immunity from hunger pains in the form of bread, butter, and potatoes; with the difference to the purchaser that he oftener gets his money's worth from the latter than the former; for whether he cures or kills his patient, the doctor's bill is just the same. True, it is enjoined by the “ethical” code, and also by the unwritten law of social usage, that the doctor shall not withhold gratuitous service to those who cannot afford to pay for it; but since this is offset by their Robin Hood custom of reimbursing themselves for any kindness to the poor by robbing the rich; and since most charity patients are nowadays cared for in hospitals heavily endowed by the State or by wealthy philanthropists, in which medical attendants are better paid than many of them are in private practice, this much vaunted “charity practice”—which is always put forward as a plea for medical cupidity and exploitation, and which is also much exaggerated—does not absolve doctors from the taint of dollar lust which affects other frail mortals.

And it is not the purpose of this article to censure medical avarice more than other kinds except insofar as it is advanced in the name of “science” or “humanity.” My quarrel with the medical profession is *not* that “it seeks its own,” which it has as much right to do as any other profession; but that its *pocketbook* interests are in direct conflict with the *health* interests of its clients, upon whose ailments it thrives; and so long as the “profession” is permitted to be the sole judge of the *health measures* employed—which are in some instances made compulsory—the hapless ailing public has absolutely no protection against either medical cupidity or medical charlatany—which is worse.

For whether the inherent conflict between the natural desire of the sick to get well, and the economic need of the doctor to have somebody always sick,

is responsible for the disease-breeding methods of the profession or not, it is a scientific fact nevertheless that their methods *do* foster disease rather than health.

The cure of disease—where there is any cure—is effected by the healing force of Nature; by the natural physiological reactions of the human body; and the only therapist who can “assist Nature,” is he who works in *harmony* with her, along the same lines as her curative processes, which are all *eliminative* and *constructive*; whereas the Allopathic practices of drug-baiting, serum injection, and surgical mutilation, are all *repressive*, *combative*, and *destructive*. Instead of helping, they merely hinder and thwart Nature's efforts at housecleaning, and give her more poison to eliminate in addition to the toxic material which started the trouble. Even some of the more enlightened Allopaths now recognize the fact that most diseases are *self-limiting*, and will cure themselves *if let alone*.

But this of course the officious medicos can't afford, and so they get busy with their various obstructive tactics. The high water-mark of medical learning and wisdom to date, is reached in the slogan “Find the microbe and kill it,” and they can't even do that! For though firmly rooted in the belief that every separate bodily ailment had its specific individual microbe duly created in the Garden of Eden—which has been propagating itself ever since in ever widening circles of infection, they have been unable to find and attach the proper bacillus to some of their most important diseases. Strange to say, the “little bug” which has most successfully eluded microscopic observation, the smallpox germ, has been the object of the most frenzied and determined medical efforts at extermination. Under the familiar guise of solicitude about the public's health, a compulsory vaccination law has been put on the statute book, by a system of the grossest lies and superstitions, such as that everybody had smallpox as a matter of course before the introduction of vaccination! Thus millions of helpless school children have been poisoned, maimed, and even killed outright, chiefly because the collection of vaccination fees is one of the easiest means of augmenting a poor doctor's income; and this would still be the case, were vaccination twice as dirty, dangerous, and unscientific as it is.

This is a patent fact to all persons who have no obsessive delusion about the “nobility” of the doctor's calling; and the doctors themselves have felt it necessary to provide against the plain implication of this fact by making their “ethical” duty to the public—as outlined in Chapter III of the “Principles”—consist in their obligation to warn and protect it against *communicable diseases*! Medical Ethics.

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enjoined by the Code toward *patients*, is that the doctor shall respect their disclosures about any disgraceful fact concerning themselves or their families—including malignant and filthy disease, and all diseases being "communicable" according to the germ theory; it would seem that the doctor's "ethical" obligations to his patient and to the public, just about mutually nullify each other—in parliamentary terms they are "paired;" and so his only dilemma is, whether the patient can afford to pay more to have his dark secret kept, or the public can be forced or inveigled into paying handsomely for being inoculated with "preventive" poisons.

Thus it is seen that, stripped of its wordy and meaningless provisions concerning patients and the public, the medical ethical code exists solely for the protection of doctors from each other, and for upholding "the honor and dignity" of the profession. That it is a very lame instrument for accomplishing the former, any one will admit who has ever associated much with doctors and heard them "talk shop" about their colleagues and competitors. Although Section 4, Article IV, provides, "When a physician succeeds another physician in charge of a case, he should not make comments or insinuations regarding the practice of the one who preceded him. Such comments or insinuations tend to *lower the esteem of the patient for the medical profession, and so react against the critic,*" the severity of the reaction is entirely regulated by the position and influence of the "critic." If he be a young or obscure practitioner, it will indeed react to the extent of professional ostracism and financial ruin; but if the critic, or malign traducer even, be among the favored few who dwell within the "sacred circle of established reputations," he is privileged to knife any rival, and indulge any professional spite, without having it "react" in any personal inconvenience. For these jealousies in the medical profession—quite equal to any observed among rival musicians—and who thinks of calling musicians "noble benefactors of the race"?—are as rife among the big medical guns as the smaller ones.

Here is an example, which fell under my personal observation: A New York M. D., highly "regular and reputable" whom I will call Dr. Clark, incidentally incurred the disfavor of the head pathologist in one of the cancer hospitals here, by curing a case of malignant sarcoma with X-ray treatment and corrective diet, whom the head pathologist—after two surgical operations—had dismissed from his hospital as "incurable." The offence rankled, but never slept in the memory of the unforgiving pathologist, and a few years later he had his opportunity to even the score. He was consulted by the wife of a young man suffering with brain tumor as to the effectiveness of radium in such a case, and she was accompanied by an eminent neurolo-

gist who had charge of the patient. The head-pathologist was forced to tell them that radium would not apply—sorrowfully, since his hospital had invested heavily in this expensive substance; whereupon the neurologist, having heard of the X-ray therapist and his diet cure, asked: "What do you think of Dr. Clark and his treatment for these troubles?" "Clark, Clark," repeated the h. p. reflectively. "I don't think I know such a man." "Oh yes," returned the neurologist reassuringly, "I think you must know him. I understand he treated and cured one of your sarcoma cases up here." Then the h. p.'s faulty memory suddenly came to life: "Oh yes, now I do recall a doctor of that name who several years ago came up here and intruded himself at our conferences!" This of course, settled Dr. Clark's exclusion from the case—and incidentally the fate of the patient. Medical Ethics.

To conclude the above story: the neurologist in the case incautiously repeated the h. p.'s sneering remark to the patient's mother, who, tortured and distracted by being shut out of the case, forbidden to bring any remedy not approved by the "physicians in charge"—though they confessed to having exhausted theirs, and standing in no particular awe of medical "dignity," openly taxed the aforesaid head-pathologist with his libelous and scurrilous detraction of an honorable colleague. Whereupon the h. p. denied having made the remark, and the neurologist—who was present—denied having repeated it!

Though amazed to hear these eminent *medicos* lie like Bowery thieves, the mother was somewhat appeased by the reflection that each of these doctors *knew* that the other one was lying. When the incident was related to another New York M. D. of high standing, he laughed indulgently and replied: "You must understand, those were merely *technical denials!*" Medical Ethics.

But of all the ethical provisos of the Code, perhaps, the strongest inhibition is imposed against medical "advertising." The young practitioner is given to understand that this is the most damnable ethical offence which he can commit; he must on no account let it get out that he needs patients, or that he would know how to treat them if he had them! But here again we observe quite a difference in the application of even this important "principle"—depending on the rank of the "advertiser." The doctor who "by some hook or crook" has succeeded in gaining the spotlight, is privileged to perform in it for the entertainment of the public like any other artist before the footlights. He may grant interviews to newspaper men about the particular therapy in which he is interested, or he may write articles for lay magazines on the same subject. Then when he wants a big Display Ad, he may stage a nation-wide discussion of "Cancer Control," in the professional

and financial interests of the surgical and radium clique whom he represents.

In a article entitled, "Evolution in Medical Practice; or, What Ails the Profession?" published in May issue of the Medical Review of Reviews, Dr. Charles J. Whalen of Chicago lets out a loud squawk to the effect that the whole medical profession is badly in need of "trade," and charging its dull business plight to such things as: advancement in public sanitation and knowledge, lessening sickness from typhoid and diphtheria; improvement in milk and water supply of cities; robbing the marshes of the malaria-breeding mosquitoes; visiting nurses; tenement house inspection, preventing overcrowding; school inspection, preventing infection; the Pure Food and Drug Law; the regulation and suppression of alcohol consumption; *the fashion for fresh air and outdoor sleeping*; the increasing disposition *to work along lines of prevention, rather than cure*; the Socialistic nature of Red Cross activities, and of the U. S. Public Health Service, etc., etc., and concludes with the exhortation: "It is time that medical men protest, and show to the public the nefarious and dangerous tendency of many of these regulations. Otherwise, in the near future a large number of laws are sure to be enacted which will *impair the usefulness of the practitioner, and impose hardship and dangers upon the suffering!*"

Herein is contained complete vindication of the contention of this article, namely, that the interests of patients and of the community, and the interests of the medical profession as at present constituted, *are diametrically opposed*; but we have not as yet seen any rebuke of the Whalen jeremiad for letting the professional cat out of the bag. Perhaps the economic exigencies of which it complains, force them to regard it as the "voice crying in the wilderness" to which they must all shortly give heed.

Dr. Havelock Ellis

Taking the reader into our confidence, let us say that the right solution of an editorial problem is always to go to the one man in the world best qualified to give his opinion on a subject of interest. The most interesting subject that we have presented in this magazine for a long time was the problem of the childless marriage, as demonstrated by the reaction of hundreds of letters from readers. So we asked Dr. Havelock Ellis, eminent British scientist and world's greatest authority on the psychology of sex, to write a summary of the matter for us. This you will find in PHYSICAL CULTURE next month.

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I "Grouched" Myself into a Divorce

(Continued from page 43)

with women. I think that is wrong. I believe men can do more with women. Women are more intuitive than men. They sense a great many things a man never feels. Unfortunately, a woman lets her intuitive sense carry her too far.

"The man who was in this office yesterday told me that his wife, in the beginning, accused him of paying attentions to another woman. He laughed at her—but did not deny it. It wasn't true, of course, but his very silence aroused suspicions. Finally, she began appearing at his office at unexpected moments. This irritated him. But he did not begin doing the thing she thought he was doing. One night they had a terrific quarrel, and he denied every accusation. That only made her worse. She hired detectives. They gave her exactly the information she wanted—as they always do. They gave her reports, always verbal. They were careful enough never to write anything that might fall into the husband's hands.

"She found out, afterwards, that she had been tricked. It made no difference. The case had gone too far. The detectives would not go on the witness stand with any of their false testimony. The easy way to get the divorce was through cruelty. That is how it was done.

"I have said that it is my belief that a man can do more with a woman. I made it clear to this patient of yesterday that he made his mistake when he did not enter a vigorous denial right in the beginning of the accusations. He knew that, without my telling him. Exercise and proper food would not have prevented this, of course, but, at the same time, had they both been healthy persons, physically, there would have been less chance for the woman's extreme jealousy. A healthy body means a healthy mind—you can't get away from that."

* * *

Emerson says nothing in the world is worth being angry over. What did any one ever gain by it? Certainly nothing but discomfort for himself and everyone else about him. I used to be thoroughly satisfied with my grouch. I was rather proud of my temper. It was a hair-trigger thing and I gloated, inwardly, one day when I heard one of the chaps at the office say:

"Don't start anything with Frank Carson unless you're ready to fight. He's one guy who gets mad and doesn't want to get over it."

I was a real grouch, all right. I kept it, too. I was proud of the fact that I

was "very quick"—and I considered it a mark of personal superiority rather than a personal weakness. Sometimes, when I think of what my home life was, and what it might have been, I can't help but argue with myself on what I would have done—had I been in my wife's place.

I don't ever remember, as my mother-in-law said, of complaining about the socks that were darned, or were not darned; I don't ever remember complaining about money. Probably I did kick. I kicked about everything, I guess, once I got started. But, to repeat, it would have taken two to make a quarrel. Maybe, if my wife had taken some trouble to interest me, or attract me, she might have been happier. A wife's single job isn't the everlasting grind of saving, washing, ironing, cooking and cleaning—it's keeping her husband interested.

The way to cure a grouch is not to grouch along with him.

The shock of being called a grouch on the witness stand was what made me take an accounting of myself. I had prided myself on being one, but never fully realized what it all actually meant.

Our steps cannot be retraced. Our words cannot be retracted. Each of us has been through a lot. Each, I believe, is the better for it. But neither would go through it again. Will I get married again? I don't know. Probably, yes. We never live that complete, filled-out life, and we never find real happiness until we live with a mate. I got a letter about this very thing from a friend of mine this morning.

He wrote me, pleading with me not to become embittered with women because of my experience.

"Forget that everlasting grouch of your's, old man," he said, "and when the proper time comes find yourself a mate. Mate—that is a big word. It shares, gives and takes. It sees us and lets us be naturally what we are—in a way, it's our other side. Love is just friendship, intensified—it comes and does not need to have rhyme or reason. It is not our place to question it. Time, as you will find out, is a wonderful clarifier."

But, that's personal. A wife, in keeping her husband interested, should plan for his coming at night. A husband, and wife, should keep themselves physically fit. If I were a wife I would read something I know would interest him—or I would see something and be ready to tell about it. I would have a good dinner waiting for him and if he was all right physically the chances are his grouch would be forgotten.

Then, I'd give him this story to read. It might help a little.

Is a sour disposition the expression of a sour stomach, or is a sour stomach one of the reactions from a grouchy disposition? You're right, its both.

Muldoon of Muldoon's

(Continued from page 24)

on his needs. I deal with every man as a separate problem. Most of them are badly run down at the heels physically; but that is often because they have become run down at the heels mentally. My first effort is to reach a man's mind. I supply for the time being the element of control which the man himself lacks. And with that accomplished, physical improvement due to conditions of right living, follows of itself. It isn't a muscle building problem; it is a mind building problem. At first I take the reins, and drive the man till I can show him how to drive himself.

"Certain things I require of every man. We breakfast at half past six; we have dinner in the middle of the day. Nine o'clock is bed-time. Most of us do a great deal of riding and walking, the distances being adjusted to a man's capabilities. Our long-distance walk, for instance, is for the class of patients we call the Ables. There is a shorter distance set for the Not-Ables; and they are naturally keen to get into the Able class. Then there's the Kindergarten class, who take very short walks indeed.

"Many of the men who come to me have been in towns so much and so long that they have forgotten what natural things are like. They have looked so long at Man's work that they have forgotten God's. To my mind one of the most important things that can happen to a man is that he learn to love nature, and the open country, and that he get over any disinclination he may have to seek these things. That is one of the things I try to show them. A man must get rid of the indoors obsession, the indoors habit, if he is to have anything to build on. Love of nature and of the open spaces is a particularly fine correction for that type of mind that can think of nothing but work, or of making money. The passion for making money kills lots of men; it gives them a kind of spiritual acidosis.

"In many cases I have to go pretty deep into a man's life to correct what is the matter with him. I don't tolerate bad table manners, for instance. A man who slouches at the table needs to be corrected. That slouch betrays a fatal attitude of mind. It is fundamental. It is the same with a man who eats too fast, or who doesn't chew his food, or who comes to the table with a long face—which is one of the worst enemies of mental and physical health. These things I won't permit; and no man can stay here and persist in them.

"It is the same with such things as neatness of dress and personal cleanliness. Two baths a day is the rule here.

"Physical exercise of various sorts

(Continued on page 126)

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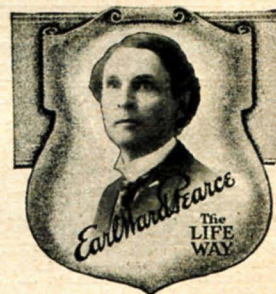
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Age..... Ever take piano

lessons?..... How many?.....

(Continued from page 123)

plays an important part in the daily round. It is an important discipline if it be not overdone, and if it be remembered that when all's said and done, the most important thing about a man is his mental condition.

"Men come here who, without being conscious that they have vices, have lived for years in a way that has finally shot them to pieces. Take, for instance, the man who can't eat anything that his stomach will agree with. His nerves are on edge as if he had eaten sour grapes. He has lived on pavements so long that he doesn't know what green country is like. He is miserable when he works; he is more miserable when he doesn't work. His mind is so disorganized that he can no more pull out of his fix by his own strength than he can lift himself by his bootstraps. He is more than a sick body; he is a sick soul. He needs somebody to take charge for awhile; and that is what I do. I have him appoint me Envoy Extraordinary and Minister Plenipotentiary to Himself. And thenceforth I am the voice of authority.

"He's what you might call a self made man; and he's done a monstrous bad job of it. He has lost his perspective. He helplessly does daily the things he ought not to do and has left undone the things he ought to have done, and there is no health in him.

"He may be one of the kind so obsessed by Work that he can't play. If so, he has gotten sunk in the rut of Routine to the eyebrows, and he isn't good for a thing on earth but to make money which can never make him happy.

"On the other hand he may be the sort that can do anything but work. That is the type that can't concentrate on anything without an attack of nerves. Such a one can't sit down, or get up, or go to bed, or eat his meals, or even yawn without secretly wishing for some Nirvana in which he would not have to do anything forever and ever. It is the apotheosis of laziness. Such people are what you might call spiritual Bums.

"That is disease, dis-ease is the literal sense of the word. Such a man has never been disciplined and has never learned to discipline himself. And without discipline no man can be free, well, or happy. The will of such a one is like a cold motor. You can start it—if you know how.

"There is nothing onerous or unpleasant about doing right. The men who come here for a course in normal living recognize from the start that they are not being required to do anything that they should not be doing all the time, and that should not be an ingrained habit in their lives. Most of them take the view that they will learn how to do it, and get in the way of it, and then keep it up after they leave. Of course some don't; and some do. It's the way of all flesh.

"I believe profoundly that men will live right when they have it demonstrated in themselves that it is possible for them to live right; I believe they can be introduced to the ideals of right living by being made to practice them till they find out how good they are. Thus you make the man an example for himself to follow."

Mr. Muldoon was silent a moment; and then he added meditatively, "I wish I could find somebody to take up this work. I'd like to retire. You know I retired thirty years ago; but I've been working ever since—and here I am, seventy-six years old, without a vacation in sight."

"Why don't you let go?"

He stiffened in his chair. "Let go! I can't. These people who come here need help. How can I let go? If I were here simply to make money, it would be easy enough to quit; but I'm not. I'm helping people. That's my job.

"I had it wished on me, by the way," he added with a laugh. "After what I supposed was my retirement from active affairs, I bought me a little place not very far from here, just out of White Plains, and enough in the country to give me a chance to grow something and keep some animals. I had a few competent servants to look after things, and settled down to the sort of life I had always wanted to lead, with open country around me, and lots of time to observe, and think, and read. I didn't have as much knowledge as I wanted, and I determined to go after it. I've been doing it ever since, but this job of mine doesn't give me as much time for it as I wish I had.

"Well, just as I had gotten comfortably settled, a friend of mine who hadn't been well for years, and who had for some time been in the care of a famous New York doctor, said to his physician, 'I think I'll go out and spend a short time with Muldoon. It might do me good. How often shall I report to you!'"

"Come in once a week," said the doctor.

"So out he came. I took hold of him and gradually he began to show improvement. His doctor was astonished at the improvement in him, and wrote me a letter in which he intimated that it was almost miraculous. I would not have been so pleased with that letter if I had foreseen what was coming. First thing I knew my grateful patient had let a couple of friends in on his secret, and they came and knocked for admission. I took them in, and they picked up. Then the doctor who had written me such a warm letter, asked me to take in another patient of his; which I did.

"They came out as my guests. It was an informal arrangement, with no established rate of payment, and when they got back to the city, they would send me a check for whatever they thought right.

"That continued. At last four or five physicians suggested to me that I make myself their professional ally by definitely establishing what they proposed should be called Muldoon's Hygienic Institute. I didn't want to do it. I wanted to retire. But they were urgent, and my own sense of duty pointed the way every time I stopped to think what I had been able to do for the men who had come to me; and so I went ahead.

"In time I bought a bigger place; and finally, when that got too small, I established myself here. And—as I say, I wish to goodness I could say to somebody, 'Here—take this job and let me get out.'"

"Do you think you could show somebody else how to turn the trick?" I asked curiously.

"Oh yes," he said naively, "I could take a man and show him."

I thought extendedly on that point later, as a taxicab whirled me past the three miles of stunning fall scenery back to the railroad station at White Plains. But really I can't see much in it except a suggestion that Hamlet might be practicable with Hamlet left out. The fact is that Mr. Muldoon is a great teacher, he is an educator with a unique vision. He ought to be in charge of a movement to educate the youth of this country toward an avoidance of the mistakes that have crippled the mature men who flock to him for help. He ought, for the last three decades, to have been engaged in the job of making young twigs grow into straight trees instead of in the less effective job of straightening trees that have already become more or less set in their ways. That the American nation can have within it such a man, with such a gift, and not require from him a service of national scope is merely one more commentary on our terrible and needless waste of human life and human happiness.

Do You Like Winter Best? —You ought to.

WHAT time of the year do you like best? Do you find more joy in the open air in winter than in summer? Or do you think of the cold weather as an indoor season, a time of outdoor hardship, when you only wait longingly for the good old summer time? Do you realize that there are no flies, no mosquitoes in winter and that it is then much more enjoyable outdoors if you know how to take it? The secret of enjoying winter is presented in an article which you will find in *Physical Culture* next month by Elon Jessup, entitled "How I Found Joy in Winter Air."



are sold to the laity because, unlike many other agencies of healing art they cannot harm the patient. They are so simple to use, so understandable, that the use of tens of thousands of them has proved safe in the hands of the public—and their success has been such as to gain the heartiest commendation from men of highest prominence in health circles.



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PROSTATOLOGY

which will tell you much you wish to know about the prostate gland and its functions—and how a disorder here may cause sciatica, backache, painful and tender feet, disturbed slumber and other painful disturbances. It will tell you of a new and harmless method of drugless, home treatment that has been used successfully by thousands of men in alleviating these troubles—a method that is being endorsed by prominent Physicians, Physical Culturists, Chiropractors, Osteopaths and other leading health authorities. The book will be sent free, without obligation, upon receipt of your simple request. Address

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BERNARR MACFADDEN at fifty-three. Note the splendid condition of his hair

Why Lose Your Hair?

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A SHORT time ago Bernarr Macfadden, world renowned Physical Culturist, realizing how very little really authoritative information had been published upon the proper care of the hair and scalp wrote a treatise upon that subject entitled "Hair Culture" which he published in book form.

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Be sure and read carefully the list of chapter headings at the left of this page. It will give you some idea of the remarkable scope and exceptional value of the most complete book on the care of the hair that has ever been written.

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Confessions of a Dancer

(Continued from page 47)

impressed, as I could see. No doubt he thought Henri had some power over me because of his relation to me at home. It was a very happy thought of mine, and I felt more elated than ever.

I was ready now for the dance, and led by Djen through the secret way, I went to the Temple, determined to give the greatest dance of my life.

CHAPTER XX

It may seem odd that I should contemplate this dance with such exhilaration, but apart from the fact that I was tremendously wrought up over the prospect of my escape, it was true that I loved to dance, and that the thought of the great audience I was sure to have affected me strangely.

I had never seen the place where the dance was to take place, and it was important that I should. I said as much to Djen. "There must be some way of viewing the spot where I dance," I explained to him. "I should have examined it before this."

"Everything will be as it should, oh Asya," he answered. "I had forgotten that it was long since you had been here. It would not be well for you to go out now, for the amphitheatre is crowded with your eager worshippers. Will it not serve as well if you look at it?"

"Perhaps," I said doubtfully. "At any rate let me see it."

He took me to a window cunningly concealed in the side of the temple, and I looked out. I stared in astonishment at the sight I looked on. The amphitheatre was a huge structure, circular in form, with tier on tier of seats, rising one above the other. And already it was crowded to the top with the people of Velvali, all garbed in their bright, holiday garments, making as beautiful a sight as the mind could conceive of. There were uncounted thousands of them, and my heart leaped at the knowledge that I was to have such an audience, or shall I say such a myriad of spectators, as surely few dancers have ever had.

"There are many here," I sighed.

"Every true believer is here," he answered proudly; "and that means every soul in Velvali who is not kept away by some imperative duty."

I recalled how readily they had turned to the worship of the awful Malki. "And yet they are a fickle people, oh Djen," I said. "You cannot call them true believers when they would save their skins by turning to Malki when it seemed that Golgo was victorious. I do not trust them."

"At any rate," he said, "they will be faithful now that we are in the ascendant. And when they have seen you in your wonderful dance, they will be forever tied to you."

I shrugged my shoulders in indifference.

THE PAGE SYSTEM

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Chas. E. Page, M.D.

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What did it matter to me when I would so soon leave them behind me? Besides there were so many thousands of them, that I believe I would have danced my best if I had known they would turn against me the next day.

I suppose there is something in the show business that makes us of the stage that way. We love to perform to great crowds; and when we have compelled applause we are at the zenith of happiness.

I turned reluctantly from the murmuring throng to look at the setting for the dance. It needed but a glance to assure me that it was as perfectly arranged as was humanly possible. The temple formed one side of the amphitheatre, and the dancing platform occupied the space in front of it and was easily accessible. Indeed, as I discovered later, the dramatic effect of a sudden entrance for the Lady of the Sun had been carefully studied. The minor dancers were obliged to appear in a more commonplace way. Those priests of the Sun would have made good theatrical managers.

When we left the window and went to the floor below I was shown to my apartments, which were as luxurious as the ones in the palace, but more religious in appearance; that is the ornamentation was like that of the temple. In the outer rooms the other dancers and the musicians were assembled, ready to troop out at a word from Djen to begin the ceremonies which were to end in my dance.

My girls came soon after I had thrown myself on the cushions prepared for me; and as if that had been the signal for the ceremonies to open I heard Djen give a word of command. I turned to Ilya. "I want to look out," I said, "where can I do it?"

I had no doubt there was a peep hole somewhere in my apartments; and so it proved. Ilya led me into the adjoining room and pointed a tiny slit in the wall from which I had a full view of the stage, for it was nothing else but that.

The procession that I saw file out was a very impressive one, beginning with a great number of long-robed priests and ending with the musicians and dancing girls. The priests ranged themselves about the sides of the stage, the girls with the musical instruments grouped themselves at the end furthest from the temple, while the dancers rested on cushions near the temple.

I won't attempt to describe the dances that followed the outburst of barbaric music, for it was barbaric even if very beautiful. I could see that the spectators delighted in the spectacle and were good judges of dancing. Roars of approval went up from the thousands of throats when some dancer executed a difficult step. It was just such a body of people as an artist loves to perform for. I watched each dancer anxiously to see if she were better than I, and was happy when I was sure that none was nearly as good.

Perhaps this was not a nice spirit in

me, but I knew that I must be superior to any of them to make good the claim of Djen that I was the Lady of the Sun; and I was most anxious to uphold it under the circumstances. I wanted nothing to interfere with my projected escape; and failure here might easily bring about complications.

I don't mean to say that the dancers were not good. They were very good, and I learned a great deal from watching them; they simply lacked something I knew I had. At any rate I was sure I had nothing to fear from a comparison. But there was something else I noticed that caused me uneasiness, and I sent Ilya to bring Djen to me.

"Oh, Djen," I said to him when he stood in my presence, "there is a haze in the sky that is constantly growing and threatens to obscure the face of the Giver of Life and Light."

His face grew stern. "I have seen it," he answered. "It is caused by the new witch that Golgo has raised to take the place of the old one your magic destroyed. By her advice the forest of the temple has been set on fire; and the wind blowing this way brings the smoke."

"It was done with a purpose then?" I asked, already understanding that my dance might be spoiled and I discredited if the brightness of the Sun were to be dimmed.

"Yes," he answered gloomily, "the hope is to show that the Giver of Life and Light is not with us."

"But surely the people will understand the haze," I said uneasily.

"The people are fools," he cried. "My hope is that you, oh Asya! will be through before the haze comes too thick."

"Then you must cut short the ceremonies," I declared, "and let me dance."

"Alas! we dare not do that, oh Asya! or our enemies will note it and make capital of it. Golgo has planted many of his people about the amphitheatre with the intention of starting a cry against you at the first opportunity. But I will thwart him. I have posted many of our best troops about and they will make short work of the trouble-makers."

"Nay oh Djen!" I cried aghast, "there must be no bloodshed. I am sick of it. Let us trust to my dancing. I shall dance as you have never seen me. How long before I may go out?"

"There is but one more dancer," he answered. "Have you some magic oh Asya! with which to spoil their trick?"

I wanted to tell him that his belief in my magic was childish, but I did not dare. I was determined, however, that there should be no more blood shed on my account. "Let us wait and see what happens," I said enigmatically; and with that he had to be content.

When my turn came there was a space of silence to let the spectators know that the great event was due. Then there was a wild and prolonged burst of music,

(Continued on page 132)

Are You Self-Poisoned?

If You Suffer from Autointoxication, Which Is Nothing More Than Self-Poisoning, You Are Getting Your Body in Condition for Serious Disease

By R. L. ALSAKER, M. D.



R. L. ALSAKER, M. D.

All chronic systemic diseases are built on some form of auto-intoxication. It does not matter if you call the disease catarrh, bronchitis, rheumatism, Bright's disease, arterio-sclerosis,

neuritis or headache, you will find a history of autointoxication before the trouble became chronic.

Let us take a case from life and see what often happens to a person who is severely troubled with auto-intoxication. A manufacturer, fifty-five years of age, had the following history:

He had been in good health until he was fifty years old, that is he had not been troubled any more than the average with physical ills. At this time he failed in business and the fretting and the worry brought out his latent physical troubles. In a short time he became pale and anemic. His complexion was somewhat ashen, his tongue and his lips were pale; he complained of constipation, he felt weak and languid, and he was very depressed and hopeless. A physical examination showed that there was no serious organic trouble, but there was a lack of power and energy, partly manifesting in cold hands, cold feet and too low blood pressure. For five years he had been taking tonics, especially those containing iron, quinine and strychnine. He had also taken great quantities of beef cubes. This was for the purpose of building rich, red blood. At the age of fifty-five he was a physical wreck, and an admitted failure.

Then he stopped poisoning himself with drugs and followed a few simple instructions, with the result that within three months he was able to do good work. Within a year he was in good health and enjoyed as much energy as he needed. In short this man's trouble had been auto-intoxication or self-poisoning. If it had been allowed to go on unchecked it would have resulted surely in serious disease.

Autointoxication is self-poisoning,

brought about by incorrect habits. The chief source of this poisoning is the digestive tract, or there may be waste matters produced in the nerves, muscles, glands or other physical structures. When these wastes fail to be eliminated they poison the body, that is, they cause autointoxication. People eat and drink in such a way that the food goes into abnormal fermentation in the stomach and bowels. The result of fermentation is the production of gases, acids and other forms of waste, including some waste materials that are violent poisons. These abnormal products are partly absorbed into the blood, where they poison the entire body. If the elimination is very good this poisoning is not extensive, but unfortunately the elimination often diminishes and then this poisoning or autointoxication grows progressively worse. This is especially true in cases of constipation, and it is well known that in chronic disorders constipation is the rule.

Another factor in auto-intoxication is that the body is forever undergoing change. In the processes of this change, which is called metabolism, acids, gases and other waste materials are produced. When the elimination is below par a part of these waste matters remain in the system and intoxicate it.

So the essential point of autointoxication is that we assimilate into the blood stream poisonous materials, and we fail to eliminate from the blood stream and from all the organs of the body enough of these wastes to keep the body wholesome, pure and clean. Then the body becomes foul, and filth within the body means disease.

How are we to prevent this undesirable condition, and how are we to overcome it when it has become established?

First, face the fact that if you are a sufferer from autointoxication it is your own fault. We get all things in life that are due us, including disease. Second, make up your mind that you are going to overcome it, and you can do it in every instance unless the condition has gone so far that destructive organic change has taken place in some part of the body, and even if organic degeneration has occurred the autointoxication can often be eradicated.

* * * * *

One of the first symptoms of Autointoxication is catarrh. If you take cold easily, or suffer from one cold after another, you are in a catarrhal condition; and the sooner you take heed of nature's warning and eradicate your catarrh the surer you may be that serious disease will not overtake you.

Catarrh can be conquered easily and permanently. It has been done in thousands of cases. You can cure yourself—and while you are losing your catarrh you will lose your other physical ills. That dirty tongue will clean up; that tired feeling will

vanish; that bad taste in the mouth will disappear; that troublesome gas will stop forming in the stomach and bowels; and the pain will leave your back; headaches will take flight, rheumatism will say good-bye and those creaky joints will become pliant.

Realizing the great need of definite, practical information regarding the eradication of autointoxication, Dr. Alsaker has prepared a plain, simple instruction book on the **cause, prevention and cure of catarrh, asthma, hay fever, coughs and colds, swollen tonsils and adenoids**, and all the attendant ills and symptoms

that are the forerunners of more serious diseases. This book is entirely free from fads, bunk and medical bombast. It sets forth a commonsense, proved-out PLAN, that is easy and pleasant to follow—a plan that teaches the sick how to **get well** and how to **keep well**. The name of this book is "Curing Catarrh, Coughs and Colds." It tells the true cause of these objectionable, health-destroying troubles, and it gives you a safe, simple, sure cure without drugs, medicines or apparatus of any kind. You apply this wonderfully successful treatment yourself, in your own home and **without the expenditure of an additional penny**. There is

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Remember this: If you want to free yourself forever from self-poisoning and the resultant catarrh, asthma, hay fever, coughs and colds **you can do so**. Dr. Alsaker's treatment is not experimental. It is proved-out and time-tested. And it includes no drugs or serums, sprays or salves. And it costs nothing to follow, while doctor's bills, prescriptions, and so-called patent medicines that **do not cure**, soon eat a big hole in any man's income.

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Every reader of PHYSICAL CULTURE knows Dr. Alsaker through his contributions to this magazine. While his articles, which have been published in its editorial pages, have given general instructions for the relief of various conditions, yet it has been impossible for him to give specific details in regard to his methods. Accordingly many readers will wish to avail themselves of the excellent instruction courses that he has written. Those suffering from auto-intoxication and catarrh will welcome this announcement of Dr. Alsaker's publishers.

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CHAPTER XXI

different from any that had been played before. When that subsided the musicians broke into the music of the dance that pertained especially to me and which might no longer be performed for any but the Lady of the Sun now that she was in the land once more.

My heart was in my throat as I waited, for I knew that the moments were precious. My dance must be done before that frightful haze grew thick enough to obscure the Sun. There had been no sign yet that the people had taken note of it, and if I could finish in time the day would be saved.

When the moment came and I leaped out a great hush fell on the awed spectators. They were awed, and it seems funny now to think of little Bobbie Tremaine aweing anybody, but then I felt it and was inspired by the thought of what was in their minds as they looked down on me. I know I never danced with such wonderful abandon as then; and after the first hush the roar of admiration was almost continuous. It was like the rolling of thunder, now low and now almost deafening. But it was sweetest music in my ears.

When I was no more than half through however, I saw that the haze was growing denser and denser till it was already like a light yellow pall, from out of which the glowing face of the Sun shone like red ball. And then the blow was struck.

There was a slight lull in the roar of applause and the people of Golgo took advantage of it, acting no doubt on a signal from some one posted for that purpose.

"The might of Malki is too great for the Giver of Life and Light. He is hiding him under a cloud."

The roaring applause was stilled instantly, and I think every eye in that great throng was turned toward the Sun. Mine was with the others, thank Heaven! And I saw something that I think no one else saw or if seeing did not note.

Ordinarily I am neither quick-witted nor clever, but that was a fateful moment, and my brain worked swiftly and my memory did me a wonderful service. On the edge of the Sun's disk I saw a tiny black curve; and almost in the instant I saw how our enemies had delivered themselves into my hands.

I brought my dance to a sudden close, and as the silence of fear and superstition fell on the place, I raised my voice in a shrill cry so that it might be heard over the vast multitude.

"Oh, foolish followers of the devil Malki! And oh, you my people! Listen to my words! The might of Malki is naught but a trick; it is the smoke from a burning forest that comes between you and the Giver of Life and Light. Your Asya will play no such child's

trick, but will give you the darkness of night so that doubters may be sure and the followers of the devil Malki may repent.

"Oh, Giver of Life and Light! hide the face and let darkness cover the earth. Put to shame the false magic of that weak devil, Malki! Gaze at the Giver of Life and Light, oh my people and see him cover his face."

I don't say it was a clever speech, but it was the best I could do on the spur of the moment; and those foolish people were not in a mood to be critical. They believed I was making fearful magic and they took heed only of the meaning of my words and gaped at the reddened face of the Sun with terror clutching at their hearts. Even the followers of Malki had no heart to deny my dread power, for they too could see that darkening disk of black passing over the face of the Sun.

I had remembered in my extremity that I had read in the papers at home that there was to be a total eclipse of the Sun visible in some parts of Asia, and that scientific parties were being sent out to observe it. And the sight of that tiny black spot on the side of the Sun had recalled it to me. I was sure the eclipse was at hand, and so I dared the old trick that I had read of more than once. And our enemies by setting fire to the forest had made the smoke that rendered it possible to look at the Sun and watch the whole process.

Having spoken I turned and walked slowly back to the temple; and as I passed, every priest and every dancer and musician stretched out face downward and so remained until I was in the temple.

I supposed that of course Djen would understand what I had done, but also I thought he would forgive it for the sake of defeating Golgo and the new witch of Malki. I knew that he must do a lot of pretending to keep up his prestige, so it was natural to expect him to forgive a big pretense on my part, even though it was at the expense of the Giver of Life and Light.

But I hadn't fathomed the depths of Djen's mind. I knew the minute he came rushing into my apartment to prostrate himself at my feet, that he was as much a dupe as any of them. Probably he didn't know anything about eclipses. I know there are thousands and thousands in America who are that ignorant. But Djen was so wonderfully clever in some things that I was fairly amazed when he cried out, "Oh, Asya! you will not punish your children too severely; you will beg the Giver of Life and Light to uncover his face again?"

For a moment I was speechless, but presently recovered myself. I knew I must carry the deception through. "It shall be as you wish, oh Djen!" I an-

swered in my best manner. "Are the followers of Golgo convinced, do you think?"

"They fled from the amphitheatre with loud cries," he answered.

"When the darkness is complete," I said, "come to me."

They were anxious moments for me as I waited. Suppose the eclipse should not be total? I knew that it was not visible everywhere, and I was ignorant enough not to know whether or not it might be total in some sections and partial elsewhere. I would have given a great deal if my window had been such as to enable me to watch the Sun.

However I need not have worried. An awed and terrified people was anxiously watching the dark disk slowly cover the face of the Sun they worshipped. From all over the amphitheatre came cries of fear and pleas to Djen, the high priest, that I would save them from the wrath of the Giver of Life and Light.

Djen came for me, his face pale, his eyes fearful and anxious. I am sure that in his heart was a doubt whether or not I could prevail on the Giver of Life and Light to shine once more.

"The darkness of night prevails, oh Asya!" he said as he prostrated himself. "But a tiny red crescent remains to show where once the splendor of the heavens glowed."

I rose leisurely and went slowly out upon the stage. The darkness of a night lit up by the Moon in its first quarter, prevailed. But the word had been passed about that Asya had relented and would drive the darkness away by pulling the veil from before the face of the Giver of Life and Light; and so it was that I could be faintly distinguished by the frightened multitude.

Immediate silence fell, and as I raised my voice for an invocation there swept through the awed crowds a sigh that sounded like the wind blowing through the trees; and then dead silence again.

"Oh, Giver of Life and Light," I cried, "thy people ask that the dread punishment of the withdrawal of thy shining countenance be lifted from their lives. Be pleased to let the dark shadow pass from before thee into the eternity whence it came at thy bidding."

Luck was certainly with me that day, as I gratefully acknowledge it had been before and has been since. Not only did the utter darkness of the Sun give way to a streak of light, but a strong counter breeze sprung up, which carried back the smoke and cleared the sky, so that when the Sun showed, it showed in all its pristine glory. And of course that was taken as another exhibition of my wonderful magic.

In a way it was a dreadful thing to take advantage of the superstition of this simple people by such a trick, but what other course could I take? If I had not done it they would have been no better off and I would have been much worse off, for my life would have been in

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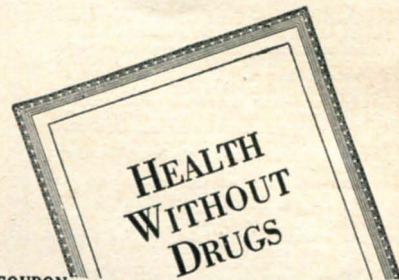
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danger. I had been taken there and made the Lady of the Sun quite against my wishes, so I have never felt bad over that bit of trickery.

If I had been believed in before, now I was worshipped; and if I had chosen to remain no doubt I could have ruled there undisputed empress and ruler of the land. And no one would have been more abjectly my subject than Djen himself.

This was apparent in his manner toward me after the eclipse. He bore himself with an awe and respect quite equal to what my girls betrayed toward me; and nothing could have surpassed that. Indeed I am sure that only the assurance they had of my love for them enabled them to stand on their feet before me after the affair of the eclipse.

I reached the palace before them and was lying amid my cushions when they came. They looked at me timidly, and even Ilya approached me with an expression of fear in her soft eyes. I soon reassured them, however, and presently I had them chatting about me with almost the same freedom as before.

I had them bring me a hearty meal, and easily contrived to get them out of the room while I secreted sufficient food to serve me for my supper, for I intended to retire before supper. Later in the afternoon I sent for Djen.

"Oh Djen!" I said to him solemnly, "it is needful that I retire into the silence soon. I want no supper brought me and no breakfast in the morning. On no account must I be disturbed no matter what happens or I will not answer for the consequences. You will tell this to my slaves."

"As you command, oh Asya," he replied. I think he would have obeyed in any case, but after my extraordinary performance at the amphitheatre it was evident that there wasn't the least thought in his mind but of the most scrupulous obedience.

"My slaves," I went on, "have served me so well that I wish them to be rewarded with rich gifts. Especially I will have you give Ilya something particularly choice. I leave it to you to decide what shall be given them."

"It shall be done according as you wish, oh Asya," he said, his dark eyes filled with wonder.

"I shall retire into this inner room and would have cushions taken there. It is quieter there and the door will shut out any sound."

"You speak gravely, oh Asya," he said in a troubled tone. "May your servant ask if anything important impends?"

"Something of the utmost importance, oh Djen!" I replied in my most solemn tone. "When next you see me I shall explain in full. The future hangs on the wisdom I shall have gained between now and when to-morrow the Giver of Life and Light is at the highest. Remember! I must not be disturbed. Much de-

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pends on exact obedience to my commands."

He was very much impressed and left me with the assurance that the greatest care should be taken not to disturb me. He gave orders to the girls and commanded them that on their lives no one should seek to communicate with me until I came out from my seclusion.

Later I called them to me and embraced them one by one, for I loved them dearly and regretted leaving them behind me. Sweeter, more devoted service than they had given me no one could have had. They thanked me for the gifts which Djen had told them they were to receive. I dismissed them all but Ilya whom I kept by me.

I had her sit beside me, my arm about her; and we talked together until I thought it wisest to send her away. Then I retired into the inner room and bolted the door so that no one could enter it except by breaking it down.

When I was alone I am not ashamed to say that I wept. I would not have remained there for the world, but it grieved me to go away into the unknown, for I did not delude myself into thinking that the way in front of me was going to be easy to travel. There were many perils to surmount before freedom came in sight.

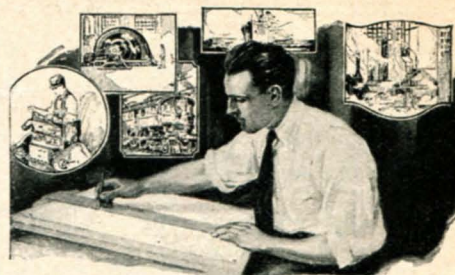
I lay down amid my cushions and closed my eyes. I needed rest for the ordeal before me. When I waked darkness had fallen.

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After carefully testing my eyes he finally became rather puzzled at my case because he found after careful investigation that I might not need glasses. This puzzled me too for I knew not what step to take next. About this time I came across an advertisement of yours and sent for it at once. I received it in due time and have been following instructions as best I could ever since. This was thirty days ago. To-day I am able to see clearly on the brightest sunshine day without frowning, be the pavement or street ever so bright. I have discarded the glasses altogether. Very respectfully yours,

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He Is Still Roller-Skating Champion

(Continued from page 39)

rink manager. Osmun, as frightened as any boy of fourteen could be, faced the starter. He was determined to lose the race if he never put on another skate. The track was thirty laps to the mile and the skaters started off at a fast clip. The war whoops of the Indians frightened the boy and fright lent speed to his feet.

As he neared the finish line he realized that he was far ahead of his rival and gaining at every stroke. What he did never clearly shaped itself in his mind. He does know that he fell on the track. He remembers picking himself up and, apparently dazed, he began sliding and skating in the opposite direction. He was so far out in front that he was forced to permit the Indian to lap him three times before catching up.

His defeat was cinched, and the promoter was so pleased with the entire proceeding that he gave Osmun an extra ten cents because the crowd departed in an orderly fashion.

Walter Osmun started his skating career in Pontiac, Michigan. He is termed the "iron man of the skating world" and his six-day record established in Minneapolis, in 1885, has only once been beaten. In a go-as-you-please event he covered 780 miles, skating twelve hours daily for six days. In the same year at Fond du Lac, Wisconsin, he skated 136 1-2 miles in ten hours. That record still stands.

Osmun also holds all the one-foot records, from one hundred yards up to three miles.

"I began one-foot skating because I could find no opposition," he says. "I would skate three-quarters of a mile on two feet and then cover the remaining quarter of a mile on one foot. Sometimes I was beaten—but not often.

"My last championship races were held in 1914. I'm still as good as I was then but inasmuch as the marks I established then have never been beaten why should I set out for others?

"I was forty-six years old when I set those marks. They were: 220-yard, flying start, one foot, reduced from 30 1-5 to 28 1-5 and 220-yard, standing start, one foot, 31 1-5 seconds to 30 4-5. I'll leave them for others to shoot at. Maybe I'm wrong but I think it will take these young fellows a few years to equal them."

Osmun was a professional skater for thirty-four years, and has been a champion for twenty-eight years. He learned to skate on the rough boards of his grandfather's barn and during his ten-hour race he was off the floor just five minutes. He was sixteen years old at the time and he is as young today as he was then.

For Equalizing Your Circulation

(Continued from page 41)

but "Shoulders back" is a misleading and often wrong admonition in correcting wrong posture. "Chest up," is a much better formula. Our bodies are balanced on a very small base and we get the right line with gravity when we strongly lift the chest, but not necessarily by throwing back the shoulders. Figure No. 1 shows a healthy young woman in correct posture. A woman who habitually stands in this position does not indicate any kind of ptosis. The chest is well up, which shows that the vital organs are in their proper places and the very act of uplifting the chest pumps up the blood to the heart. Correct posture, as illustrated in this photograph, is both a reason for and an illustration of health.

In illustration No. 2 we have the same figure but in a position which, if habitual, might indicate any, or all kinds of ptosis. The skeleton ptosis is obvious, that is the downward displacement of the bones shown in the drooping of the head, the exaggeration of the normal curves of the spine, and the falling in and down of the chest. A bad case would be marked by a decrease of the standing height as compared to the horizontal length. A posture of this sort would result in the weakening of the lower muscles of the body and the downward displacement, or ptosis of the internal organs. This may include only one organ, or the entire body contents may sag conspicuously unless held in place by some mechanical agent such as corsets.

From this point it is easy to see the connection of bad posture with circulatory ptosis. In blood ptosis the big veins of the abdomen are dilated to hold the blood that should get back to the heart and feed other parts of the body. In other words, there is too much blood in the basement and not enough in the upper stories.

It may occur to a child to wonder how the blood—even in perfect health—does get back and up to the heart. But by the time we are old enough to formulate such a question, we are too apt to accept the statement that we are wonderfully and fearfully made and let it go at that. But how does the blood get back to the heart in this wonderful mechanism of ours? According to physiology, "It must be propelled or pushed from below, or drawn from above upward to the heart level." In either case it must overcome the force of gravity when the body is in a standing position. The machinery for accomplishing this purpose is rather complicated, consisting in the contraction of the muscles of the legs upon the veins of the legs; in the muscles of the abdomen contracting upon the abdominal contents and increasing the abdominal tension, particularly in that big reservoir of blood, the splanchnic vein, and in the aspiration of the thorax, or chest.

When all this mechanism is functioning in perfect order we have perfect circulation; the blood is overcoming the force of gravity and properly feeding all parts of the body. When the mechanism is not working perfectly, Mother Earth is getting the best of us and gravity is pulling us downward. When a child in the exuberance of youth turns a somersault, it is taking a natural way of relieving blood ptosis. As we get older we give up turning somersaults and take to easy chairs; the result is that we get blood ptosis and finally blood ptosis gets us and carries us to the grave. Thus we have the various ages of man from the upright, vigorous, upreaching poise of normal, robust youth through all the stages of bad posture to the final end, appropriately inscribed "hic jacet."

Depression of the spirits goes along with the other three forms of ptosis. We can even note it in the photograph of the healthy young woman. When her body sags, her face sags as well; lines and wrinkles appear on her face. Therefore, ladies, to prevent lines and wrinkles, the kind of ptosis that sends you to the beauty doctor and to a new dressmaker, do not allow any kind of ptosis to overcome you.

The Crampton method of overcoming ptosis includes a wide variety of remedial exercises. Dr. Crampton has mapped out what can be accomplished by prescribed exercise, and then indicates certain exercises for groups, or for individual cases.

The two "static" exercises illustrated in Figure 3 and Figure 4 are informative exercises to indicate to the body how to get into position to overcome skeletal ptosis. They also result in a contraction of the lower organs that relieves blood congestion and sends the blood mounting upwards. Dr. Crampton calls them psychological tricks because they promote the desired action by means of thought. Figure 3 is labeled Air Push; the air is pushed down by the upturned hands and this causes a contraction of the lower organs and the uplifting of the chest. As you perform it you are conscious of the acceleration of the blood circulation towards the heart.

In Figure 4 we have Sky Lift, a good name for an exercise to overcome the force of gravity. To do it, push up the atmosphere as high as you can with the left hand, held as indicated in the photograph, and then by means of the right hand, placed beneath the left, push up a little harder. Aside from its good effect on the circulation, the Sky Lift is a beautiful body stretcher.

In Figures 5, 6 and 7 we are introduced into the class of remedial exercises for strengthening the abdominal muscles which in turn hold up the internal organs. They should all be done with the abdomen



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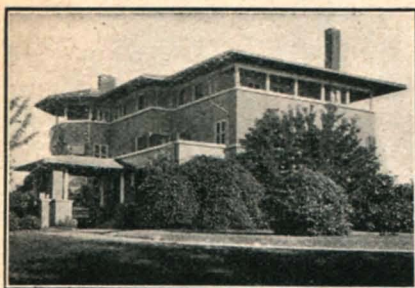
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held in strong contraction. Flabbiness and weakness of these muscles are common causes for the settling of the blood in the pelvic region, draining it away from the heart and other parts of the body where it is needed. On the other hand, a wide class of organic troubles can be traced to a stagnant condition of blood in the lower part of the body.

Figure 5 of this group is called the Knee-Elbow, for the knee is brought up to the elbow. Note that in meeting the right elbow touches the left knee and the left elbow the right knee. In Figure 6, or Elbow-Knee, the elbow is brought down to the knee, the left elbow to the right knee and the right elbow to the left knee. The effect of both these exercises is a vigorous contraction of the abdominal muscles. They are not too strenuous for a delicate patient.

The patient who accomplishes Toe-Touching, as illustrated in Figure 7, is on the road towards a healthy sense of balance and good muscular tone and agility. Note again that it is the right hand that touches the toe of the left foot, and the left hand the toe of the right foot. Ordinary toe-touching, such as the well-known exercise of raising the hands above the head and bringing them down to touch the feet, while it may strengthen the muscles of the legs, has no particularly beneficial action on the abdominal muscles, since it does not vigorously contract the muscles of the stomach. So, ladies, this is the right kind of toe-touching if you want to wear the new corsetless costume that Fashion says is the only correct wearing apparel this season.

These three exercises, 5, 6, and 7, are prescribed for blood ptosis; they are also recommended for correcting the weak muscles that result in a flabby stomach. As Dr. Crampton says, they will "put the corset under the skin where it belongs."

The last exercise, the Bridge, is a test of physical efficiency, indicating a strong neck and a strong back. If you can do the Bridge well, if there are no disquieting symptoms present, you are in the post-graduate class of remedial exercises for ptosis.

What are the familiar signs of blood ptosis? Fainting is one, and Dr. Crampton remarks in this connection that the modern woman who wears her corset inside her skin is less liable to blood ptosis than her grandmother who wore hers very tightly outside. The fewer corsets worn, the less fainting. But fainting, however, persists in cases of feeble circulation and the withdrawal of blood from the upper part of the body.

The most common, general symptom of blood ptosis to-day is lassitude, and dragging pains in the back, especially in the morning, for when fatigue is present without exertion, parts of the body are suffering by being deprived of their necessary blood nourishment. Anemic and neurasthenic people are gener-

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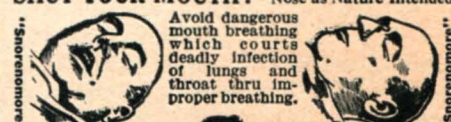
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ally found to record blood ptosis. Blood ptosis is present in a large proportion of organic diseases. In short, equal and sufficient circulation are indications of bounding, healthful youth. Blood ptosis, no matter at what age it is found, is a sign of youth giving up to age. We may rightly term it premature old age.

We all know cases of women, very often young women, who seem to take a certain pride in being delicate and fragile, of tiring easily, as if, for that reason, they were a little more precious than the average mortal. In most cases of this sort the circulatory system is weak, they are suffering from blood ptosis, or of premature old age. There is nothing to be proud of in the term premature old age; it does not feed any vanity. It is true that fine minds and fine spiritual development are often found in weak bodies, but it is not a necessary correlative. Such a situation should be properly diagnosed, called by its right name, and corrected.

Blood ptosis is a usual accompaniment of high blood pressure. Dr. Crampton strongly objects to the usual assumption by laymen, and often accepted by medical men, that blood pressure can be satisfactorily put at 100 plus the age of the subject.

What is average blood pressure is by no means right blood pressure. An over fat man of middle age, choleric of complexion, suffering from dizzy spells, will take a fatuous satisfaction when his blood pressure records 149. "At fifty years old," he argues, "I have a right to 150 blood pressure," and it is sometimes hard to convince him that he may be in a serious condition. In Dr. Crampton's records are to be found cases of ripe old men of seventy with blood pressures of 130. It is possible to keep the right blood pressure all through life, and that means looking after blood ptosis. Dr. Crampton also insists on the necessity of recording blood pressure in a horizontal as well as in a vertical position to arrive at any just conclusion as to the state of the arteries and the circulatory system.

The exercises described herewith for overcoming blood ptosis and for equalizing the circulation are found to be particularly effective for women in cases of painful menstruation, pregnancy, the after-effects of pregnancy, and the menopause period. There are many other functional and organic troubles where ptosis is present and where remedial exercises are indicated, but the first group covers a wide variety of cases.

There was the case of a girl of eighteen who suffered almost constantly from pain as a result of being compelled to wear a brace in the case of the hipbone meeting the spinal column. Menstruation was so painful that she had to remain in bed during that period. Exercises were prescribed and continued even during the monthly period, with the result that the patient was able to take a summer vacation on the Maine coast, with swimming,



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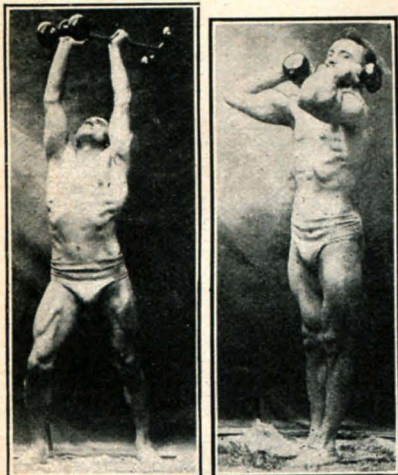
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boating, playing tennis, and taking part in all the activities natural to her age, without the brace, or any discomfort.

Another case is that of a rare and strong personality being handicapped by a physical structure naturally insufficiently robust for the demands made upon it. From the time she was sixteen years old this young girl had been trained for the operatic stage. This had taken her away from the sports and natural activities of her youth; in their place she had studied voice placement and had been crammed with languages and the study of highly emotional rôles. Her vocal teacher was of the school that does not believe that exercise, even dancing, is good for a singer, so even walking to any extent was tabooed. In her twentieth year the young singer made a successful début in an important rôle in grand opera; then she married, had a nice strong baby, and nursed it.

She was delicate during the nursing period, losing strength and flesh, but she hoped that when the nursing period was over she would regain her strength, take up vocal lessons again, and continue her career. But when lessons were resumed her voice was found to be much depleted in strength, in tone, in sustaining quality; she was even singing off-pitch, the despair of a songstress. Different systems of voice placing and breathing were tried, but to so little advantage that she was in despair and about to conclude that her career as a singer was arrested on its threshold.

This girl represented a type in which the need for self-expression is particularly strong. She was not of the normal type that runs the everyday affairs of the world; but of that type which when allied with creative talent and an adequate amount of physical and nervous strength makes an artist. When thwarted by lack of strength, or of opportunity, it is apt to make discontents and neurotics. This particular case while happy in marriage and motherhood, was miserable on account of her unfulfilled ambitions. Poor child! she had not realized that she was not sufficiently strong to be both a normal woman and an artist, and this struggle resulted not only in loss of voice, but in continued loss of weight towards the danger point, nervousness and debility. A thorough examination showed anæmia, a weak circulatory system, and its accompaniment, blood ptosis.

The treatment in this case included a dietary, remedial exercises and some play exercises, such as swimming and interpretive dancing. Meals, exercises, and rest periods were regulated by the clock. The patient had exercises on awakening to wake her up and induce appetite. Another set was prescribed for the afternoon, followed by a protracted rest period, and a third before going to bed to make her sleepy. A complete cure was not quickly accomplished, but in a few months she was able

to resume her lessons, when her voice was found to be true and even, and to give promise of even greater strength than it had shown in her girlhood. In six months she was again able to sing with success in public, and her confidence had returned, a great factor in her ultimate, complete cure.

The woman in the forties is a common problem for the physician. In the menopause period the circulation is apt to be irregular, and it is a time when over feeding, or wrong feeding, and a too sedentary life over a long period of years, show their effects. The abdominal muscles are often weak, and inflammation of some one of the pelvic organs is a common consequence. This condition may lead to organic troubles, or to neurasthenia, the bane of middle age. No two cases at this period of life are ever exactly alike, but there are few cases where remedial exercises are not to be recommended.

Dr. Crampton is a leader in the growing school of physicians that uses physical culture as one of the great remedial agents of the profession of healing. According to his theories no age has ever been in such need of artificially imposed exercise as the present. For countless generations our parents were muscle-working men and women; they used their muscles in their struggle for existence, to build their homes, to obtain their food, to defend themselves against enemies, and those who could not live by means of muscular work, in most instances passed away. The physically unfit could not survive. To-day the weak body takes to an armchair or an office desk, and dodges, or is deprived of health-giving exercises for which the muscles call.

Civilization gives us ptosis because it has given us too many muscle-savers in the way of elevators, push-buttons and motor-driven vehicles. We fondly imagine that these save our strength and time for more important work, but we are only dodging the issue; we have got to take our quota of exercise just the same. The human body, more than half of which is muscle by weight, has not changed with the advent of easy transportation and the telephone, and cannot be kept efficient without a due amount of muscular effort. We can take this daily, as a part of our pleasant, normal routine, or we can wait until we are conscious of dizzy spells, hardening arteries, sluggish digestion, nerves and ptosis, too often the accompaniment of middle age.

The modern woman with her increased responsibilities in business and industrial life needs artificial exercise, or standardized exercise, if you like to call it that, far more than did her home-keeping parents. In spite of the fact that the young women of to-day lead more healthful lives than did women of preceding centuries, the health standard is far lower than it need be. Dr. Crampton is at present directing the physical train-

ing of the student nurses in the training school for nurses connected with the Post Graduate Hospital of New York City. These young women are entering an arduous profession, and they would hardly feel called to it unless they were conscious of sufficient physical stamina. Yet in many cases the health chart shows conditions that must be corrected. Girls entering the business and artistic world are perhaps even less well equipped physically.

"If correct posture were taught the child early in the school age, and insisted upon," says Dr. Crampton, "structural ptosis, the first step towards more serious ptosis, would in most cases be prevented or corrected." This is of course the unanswerable argument for better, or enforced physical instruction in our schools. "But man evidently needs physical education and physical training all through life to offset the wrong posture that most of our activities entail.

"Since Mother Earth is unremittably pulling man towards her to rest again on her bosom, so unremittably must man fight against the drag of her persistent fingers. Every day she works, so every day man must guard his diet, his drinking, his working, bathing, grooming and exercise that his days may be long on earth and filled with rejoicing."

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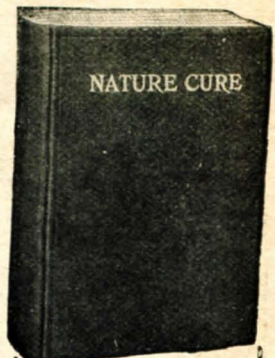
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Bernarr Macfadden's Encyclopedia of Physical Culture Reveals Nature's Methods and Secrets of Perfect Health. A Wonderful Service to Those Wishing to Banish Sickness From Their Lives and to Gain Glorious Health That Never Skips a Day, a Powerful Physique, and Vitalized Energy Unlimited—Don't Fail to Read About This Special Free Offer.

WHY should you "feel great" only some of the time? Why have only half health, half energy, half life? The state of your health is up to you. You can be nervous, weak, and sickly—or you can be strong, healthy, and sick-proof.

You rule your health as surely as you rule your actions. If you are not enjoying the 100 per cent health which makes life so much worth the living it is merely because you haven't employed the methods provided by Nature to keep you well. "But what are these methods?" you say. "How can I learn these secrets of glorious daily health?"

These methods and secrets of perfect health are now unfolded to you. The life-time experience of Bernarr Macfadden, America's greatest health advisor, is now put before you. In his wonderful five-volume Encyclopedia of Physical Culture are the methods which have brought perfect health to thousands of sufferers from all manner of ill-health.

Why Lose \$4100?

\$4100 is about what sickness costs the average person during his life-time. The person who does not understand Nature's methods of preventing and curing sickness is ill an average of 21½ days each year—or a total of about 3½ years in his life-time. Suppose that person earned the very moderate salary of \$20 a week—his total loss would be about \$3700. Then think of the worry of sickness, the inconvenience, the doctor and hospital bills, the pain—whatever of this can be figured in mere money would bring the average person's loss because of sickness to about \$4100.

Why be among this class who must be economical in order to pay bills due to ill-health, who must suffer the pain and inconvenience of sickness, all because they do not know how to *build health*? Thru Bernarr Macfadden you can learn the methods which will bring you the perfect health and powerful body you have always wished for.

Feel 10 Years Behind Your Real Age

The way you feel and not the number of your years is the real barometer of your age. Why catch up to your years? Na-

A Complete Education in Physical Culture

This set of five volumes contains a complete education in Physical Culture and Natural Curative Methods—the equivalent of twenty comprehensive books on the following phases of health and vitality building.

- (1) A complete work on **Anatomy**, fully illustrated.
- (2) A **Physiology** in plain language, and embracing many illustrations.
- (3) A reliable and comprehensive handbook on **Diet**.
- (4) A complete **Cook Book**.
- (5) A book on **Exercise in Its Relation to Health**.
- (6) A Handbook on **Gymnastics**, with full instructions on drills and apparatus work of every sort, with hundreds of illustrations.
- (7) A book illustrating and describing every form of **Indoor and Outdoor Sports and Exercises**—complete courses in **Boxing, Wrestling**, etc.
- (8) Handsome colored charts and instructions for **Developing A Powerful Physique**.
- (9) The most complete and extensive work on **Fasting** ever published.
- (10) A comprehensive work on **Hydrotherapy**, including water treatments of every variety.
- (11) A book on **Mechanical Therapeutics**, giving full details and scores of pages of illustrations of physio-pathic treatments.
- (12) A thorough work on **First Aid** with drugless methods.
- (13) A lavishly illustrated work on **Diagnosis**, giving plainly written instructions for detecting diseases of every sort, and finding their cause.
- (14) A comprehensive, illustrated book on **Home Treatment for All Diseases**, alphabetically arranged and written in plain language.
- (15) An **Anatomy of the Sexual Organs**.
- (16) **Sexual Weakness and Disease, Their Cause and Cure**.
- (17) **Rules for Happy Marriage and Parenthood**.
- (18) A complete work on **Childbirth**—how to make it safe and comfortable.
- (19) A practical work on the **Training of Children**.
- (20) A complete handbook on **Beauty-Culture**.

ture's methods of keeping you healthy will keep you young too. Learn them. You can look and feel at least ten years behind your real age. Thru learning Nature's secrets Sanford Bennett at 70 brought himself physically back to 50. You too can apply the natural methods of bringing back youthful "pep," vitality, and bodily vigor. Thru these methods hundreds have been guided by Bernarr Macfadden to renewed youth and wonderful health that never skips a day.

In his wonderful Encyclopedia, Mr. Macfadden gives these secrets and methods and tells how to apply them. For every ailment the Encyclopedia has a natural method that has made good. The "daily guide to perfect health" it has been called, and it is worthy of its title.

The Daily Guide to Perfect Health

Guiding health seekers for more than 30 years—this has been Bernarr Macfadden's preparation for this remarkable work, the Encyclopedia of Physical Culture.

This great work is a complete "natural-method" doctor. It tells how to build health, vitality and strength for every member of the household, young and old. It describes the symptoms of every known disease and gives detailed instructions for treatment. It contains invaluable information on fasting, diet, exercise and hydropathy for health and beauty building. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for the diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are given.

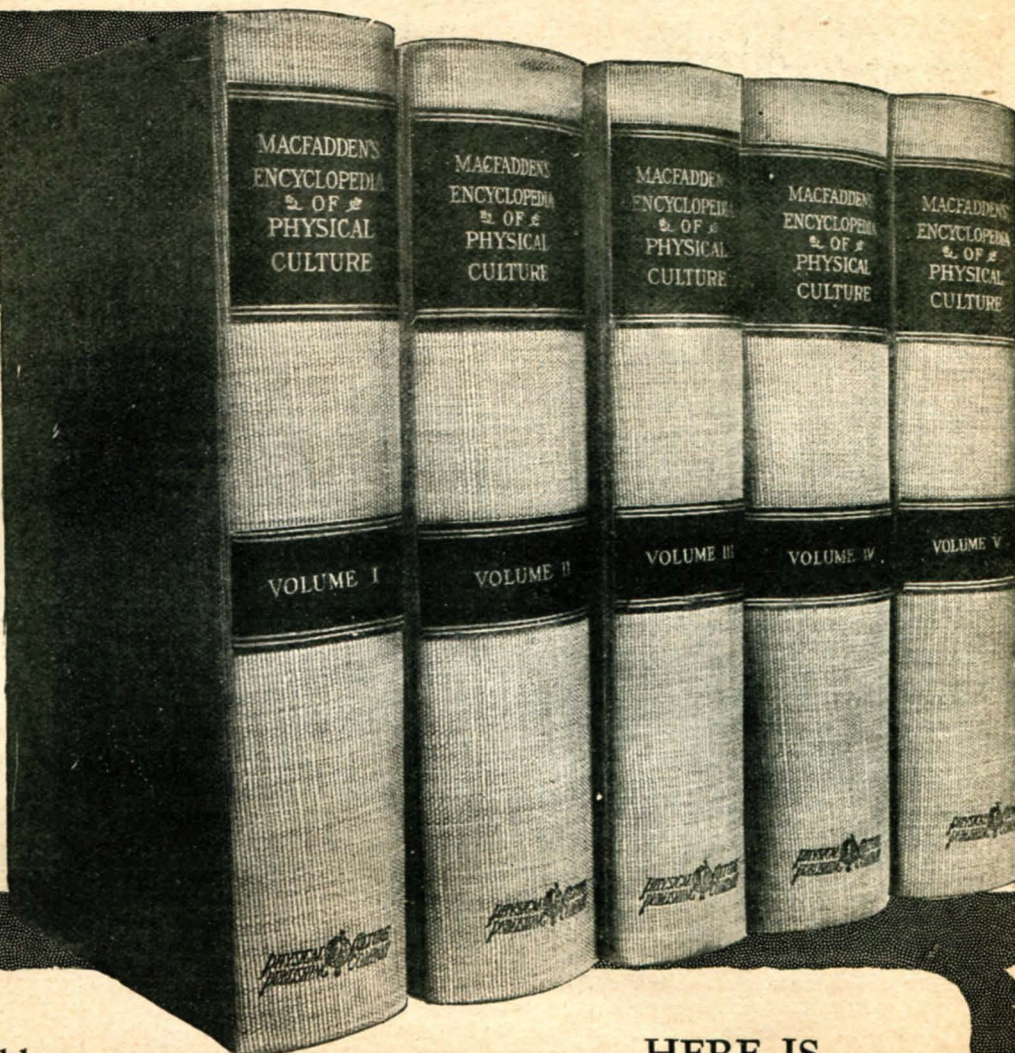
A reading of the two panels printed here will give you a better idea of the vast scope of this Encyclopedia of Physical Culture. In it is contained the equivalent of at least twenty complete books. The Encyclopedia contains more than 3,000 pages and 1,200 illustrations, besides scores of color plates.

Because it is impossible for us to explain adequately about this Encyclopedia in this space, we therefore want you to mail the coupon printed on the next page so that we can send you any volume of the Encyclopedia you select for free examination. Read the full details of this offer and mail the coupon at once.

A Complete Guide Course to Perfect Health by Bernarr Macfadden

Read About
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Free Examination
any Volume You
Select

If this offer is accepted, the price includes a year's subscription to **PHYSICAL CULTURE**.



The Most Valuable Health Course Ever Prepared

Bernarr Macfadden has had more than 30 years of experience in guiding thousands to renewed health. The methods that have brought exhilarating health and physical power to others will prove valuable to you. If you want to enjoy glorious health every day in the year—if you want your family to enjoy the health which makes home life radiate joy and happiness—if you want to drop a few years from your age and have more success-winning energy, power, and vitality than ever before—select the volume of the Encyclopedia which you wish to examine, and mail the coupon for it today. The general contents of each of the five volumes are as follows:

- Vol. I. —Anatomy, physiology, diet, food preparation.
- Vol. II. —Physical Training, gymnastics, corrective exercise, physical culture, exercises for women, sports, athletics.
- Vol. III. —Fasting, hydrotherapy, first aid, spinal manipulation, mechanical diet and regimens.
- Vol. IV. —Diagnosis and detailed treatment for individual diseases alphabetically listed.
- Vol. V. —Sex Hygiene, physiology, motherhood, pregnancy, maternity, baby care, disorders of men and women, beauty culture, mental culture.

Do not let the word "encyclopedia" give you the impression that it is dull or boring. This is the only word which would describe the comprehensiveness and completeness of the work. This is the very latest edition and is the crowning effort of Mr. Macfadden's life-time of experience. Its worth to you cannot be over-estimated unless you wish to under-estimate the glorious daily health it will show you how to gain.

How To—

possess exhilarating health every day in the year
know your own body
eat for health
diet for the cure of disease
know the art of food preparation
build a powerful physique
correct physical imperfections
become a physical director
avoid unhappy marriages
avoid disease
fast as a curative measure
cure by hydrotherapy (heal by the use of water)
apply all methods of drugless healing
give first aid in emergencies
apply home treatment for disease
recognize diseases by manifestations
build nervous energy
treat the common forms of disease
understand the process of reproduction
benefit by laws of sex and marriage
treat diseases of women
diagnose diseases
have healthy and vigorous children
treat female disorders
treat male disorders
obtain virility and manhood
care for the complexion
manicure; care for the hair and feet
cultivate the mind
These are only a few of the matters explained in the Encyclopedia.

HERE IS OUR OFFER

Decide which volume of Macfadden's Encyclopedia of Physical Culture you wish to examine. Then fill out the coupon and mail it at once. The volume you select will be sent to you prepaid for five days' free examination. Then if you decide that you want the Encyclopedia send a deposit of \$2 and the other four volumes will immediately be sent prepaid. Then pay only \$3 a month until the total cost of the Encyclopedia, \$35, is paid. If you care to pay cash, the price is only \$31.50. If, on the other hand, after 5 days' examination of the one volume you select, you decide that you do not wish the Encyclopedia return the volume and the matter will be considered closed. To all who decide to retain the volume and purchase this Encyclopedia will be included a full year's subscription to Physical Culture.

No offer could be fairer than this. Pick out the volume you wish to examine and mail the coupon now.

This offer is confined to persons residing in the United States or Canada.

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I agree to return the volume in five days or pay \$31.50 cash for the entire Encyclopedia or \$35 on the easy terms mentioned in this offer. My acceptance of this offer includes a year's subscription to Physical Culture Magazine.

Name.

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This book may be purchased at any of the stores mentioned on page 128.
For a complete list of physical culture books see page 125.

Send No Money --- Just this Coupon---

New Way to Find and Correct Your Mistakes in English

Does your English reveal your lack of education or does it prove that you are a man or woman of culture and refinement? Are you handicapped in your speech and writing or does your command of English rise to meet every occasion and every situation? English is the one weapon you must use every day.

Here is how you can improve it almost at once.

MANY people say, "Did you hear from him today?" They *should* say, "Have you heard from him today?" Some people spell calendar "*calender*" or "*calander*." Still others say "between you and I," instead of "between you and me." It is astonishing how many people use "who" for "whom" and mispronounce the simplest words. Few people know whether to spell certain words with one or two "c's" or "m's" or "r's" or with "ie" or "ei," and when to use commas in order to make their meaning absolutely clear. And very few people use any but the most common words—colorless, flat, ordinary. Their speech and their letters are lifeless, monotonous, humdrum. Every time they talk or write they show themselves lacking in the essential points of English.

Your English Reveals You

Does your English help or hurt you? Do you write and speak correctly or do your errors reveal and handicap you? Every time you talk, every time you write, you show what you are. When you use the wrong word, when you mispronounce a word, when you punctuate incorrectly, when you use flat, ordinary words, you handicap yourself enormously. Words are the driving, compelling forces in business. Ideas cannot be expressed except in words. An unusual command of English enables you to present your ideas clearly, forcefully, convincingly. Your English is the weapon you use every day to help you improve your business or social position. If it is correct it helps you. If incorrect it hurts you more than you will ever know, for people are too polite to tell you about your mistakes.

Stop Making Mistakes

For the past five years Mr. Cody has been working almost day and night on the study of the problem, "How to make correct habits in speaking and writing stick in your mind." He appealed to school superintendents, and 150 of them placed classes at his disposal for experiment. He appealed to great corporations, and they let their employees be tested so Mr. Cody would know how accurate they really were. He was amazed to discover that the average person in school or in business

is only 61% efficient in the vital points of English grammar. After countless experiments Mr. Cody finally invented a simple method by which you can acquire a better command of the English language in only 15 minutes a day. Now you can stop making the mistakes in English which have been hurting you.

Sherwin Cody's Self-Correcting Method

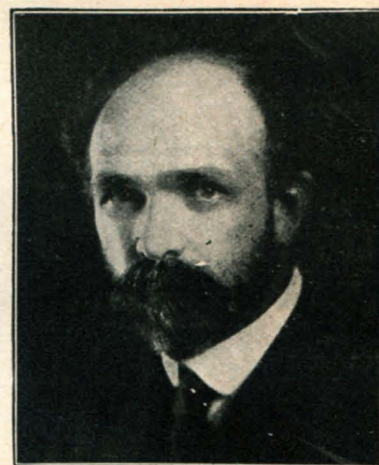
Mr. Cody was granted a patent on his unique device, and now he places it at your disposal. You do the lesson given on any particular page, then you see just how Mr. Cody would correct that paper. You mark your errors and check them in the first blank column. Next week you try that page again, on the second unmarked sheet, correct your errors, and check them in the second column. You see at a glance what you have failed to remember, and at the bottom you compare your average with that of grammar school graduates, high school graduates, and experienced stenographers, until you have reached the 100% point in spelling, punctuation, grammar, expression and grammatical usage.

Learn By Habit—Not By Rules

Mr. Cody has applied scientific principles to teaching the correct use of our language. He made tens of thousands of tests of his various devices before inventing his present method. In all his tests he found that the trouble with old methods is that they do not stick in the mind. Rules are memorized, but correct habits are not formed. Finally the rules themselves are forgotten. The new Sherwin Cody method provides for the formation of correct habits by constantly calling attention to the mistakes you make.

Only 15 Minutes a Day

One of the wonderful things about Mr. Cody's course is the speed with which these habit-forming practice drills can be carried out. You can write the answer to fifty questions in 15 minutes and correct your work in 5 minutes more. The drudgery and work of copying has been ended by Mr. Cody. Moreover, you do not have to go through page after page of material



Sherwin Cody

with which you are familiar. You concentrate always *on your mistakes* until it becomes "second nature" to speak and write correctly.

Write for Free Book

A booklet explaining Mr. Cody's remarkable Course in Language Power is ready. If you are ever embarrassed by mistakes in grammar, spelling, pronunciation or punctuation, if you cannot instantly command the exact words with which to express your ideas, this book will prove a revelation to you.

A polished and effective command of the English language not only gives you the stamp of education, but it wins friends and impresses favorably those with whom you come in contact. Many men and women spend years in high school and years in college largely to get this key to social and business success. And now a really efficient system of acquiring an unusual command of English is offered to you. Spare time study—15 minutes a day—in your own home will give you power of language that will be worth more than you can realize.

Write for this new free book, "How to Speak and Write Masterly English." Merely mail the coupon or a letter or even a postal card. You can never reach your greatest possibilities until you use correct English. Write today for the free booklet that tells about Mr. Cody's simple invention.

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"GAIN A POUND A DAY"

If You Have a Personal Health Problem to Solve You Owe It to Yourself to Become Informed About the Exclusive Milk Diet Which Has Been a Light in the Darkness, a Comforter and a Deliverer to Many Thousands of Afflicted Persons

MILK—The Life-Giving Fluid

with its miraculous power to build up the system, invigorate, heal infirmities, and cure well-nigh all ills that human flesh is heir to, has been the subject of song and poetry since the world began. Milk was the panacea of ancient days, for other cures were scarcely then known. Canaan, the promised land of the Hebrews, was said to flow with milk and honey; and Ovid, the famous bard of the haughty Romans, gave it only second place to

nectar, the drink fit but for the gods.

Probably one of the first secrets the ancients discovered in a universe of wonders, was that milk was a tremendous factor in building up and in maintaining health. Even they recognized it as Nature's most potent ally.

Through the ages milk has been the great builder of sturdy races. It has come to

the aid of the ailing and the weak, and it has made of them men and women fit to face hardships in the world, and it has added years to their lives.

Milk does not cure, as medicines have been supposed to cure—by magic. All sensible people know that drugs and external influences do not always cure. Nature cures. The body cures itself, provided helpful conditions prevail, giving the opportunity for self-readjustment.

And here lies the secret of the miracle of milk. Milk is a builder of tissue and an enemy of physical ills, because, more than any other food, it furnishes elements which are needed to make new blood.

Milk is undoubtedly more easily digested than any other food. It is more nearly akin to blood. It is quickly absorbed into the circulation and becomes a part of the tissues of the body; and the expenditure of considerably less energy is required for this than to bring about the chemical changes essential in preparing the ordinary foods for use in the human tissues.

The physical changes that can be brought about through the use of milk within a short period, would be considered unbelievable by the average individual. If you are "rundown," and should stumble upon a way to gain one or two pounds a week, you would feel that you had made a marvelous discovery. But when we say that this is only a fair average for those who have experienced the miracle of milk, we are not in any way overstating the facts.

Of course, in the case of those who are in extreme need of additional flesh, and who have been poorly nourished, the effect of milk is almost unbelievable in building up tissues and in ridding the system of impurities, which latter are often responsible for the majority of ills to which the human body is subject.

—Bernarr Macfadden.



Bernarr Macfadden

"Father of Physical Culture"

The real reason behind the astonishing success that the milk diet has scored during the last few months is its simplicity and the fact that, once explained, it appeals to the *common sense* of every intelligent thinking man and woman.

Not so many years ago medicine and magic were apt to be mentioned in the same breath. Not so to-day; the enlightenment due to universal education has done away, to a great extent, with the "mystery of medicine" idea, although the old fashioned Latin "prescription" still remains as a reminder of days gone by.

To-day any *honest* doctor of whatever school will tell you that nine tenths of all effective medical or curative practice consists purely and simply in helping *nature* and that very, very few drugs have any real value as curative agents. The most that can be hoped for from drugs is to temporarily stay the progress of the disease. If nature does not seize upon the respite to begin active operations in casting out the ailment, the treatment is a failure, with valuable time and good money wasted.

In the final analysis it is *you* who must supply nature with the necessary assistance and that assistance must come in the form of *increased physical vitality*.

And here it is that MILK—THE MASTER HEALER with vitality and energy building powers greater, probably, than any other substance in the world brings quick re-enforcements of red, tissue building, disease fighting blood that will give your system the very vital energy needed to overcome practically any ailment that has fastened itself upon you.

At the head of this page we quote a few paragraphs on the subject by Bernarr Macfadden, the renowned Physical Culturist, father and leader of the Physical Culture movement, which is increasing the health and strength and adding years to the lives of humanity by *just such methods as those advocated in the exclusive milk diet*. Coming from such an authority the words bear weight.

A few months ago PHYSICAL CULTURE Magazine printed an article on the Milk Diet that aroused universal interest and brought down upon us an avalanche of letters, urgently requesting further and more detailed information.

We knew of just two men who were qualified to supply this information in proper form for home treatment. Mr. Bernarr Macfadden himself, who has had the opportunity through his connection with The International Health Resort to personally study thousands of cases where the milk diet has been administered, and Dr. Chas. Sanford Porter, America's leading milk diet specialist. They consented to collaborate upon the subject and the result is a treatise that we are proud indeed to be able to supply as coming from the printing presses of PHYSICAL CULTURE CORPORATION.

This treatise—The Macfadden-Porter Milk Diet—is now available in the form of a six lesson course. Simply written, easily carried out, with a marvelous depth of wisdom born of the widest kind of experience, the instructions tell you just what to do, *what not to do*, what to watch out for, everything in fact, that you could possibly need to know in order to get the last vestige of physical benefit from the exclusive milk regimen.

Now we ask you fairly, if you are weak and run down, or in the grip of some chronic disease or if in any way you are engaged in a struggle for health, can you afford to ignore such a treatment as this, where you have *everything to gain and nothing to lose*, where, whatever the outcome, the benefits derived will far exceed the time and trifling expense devoted to it?

We want you to personally examine the Macfadden-Porter Milk Diet and see for yourself the wonderful benefits you can derive from it. Send no money. Simply sign your name on the attached coupon. The course will be immediately sent you with the understanding that you have five days after receipt in which to inspect it. If, then, you do not agree with us that it is worth many times the price charged, return it without obligation on your part. Otherwise, send us \$5.00 in full payment for the course and a one year's subscription to PHYSICAL CULTURE Magazine which will keep you in full touch with all new developments along this line and countless others of importance in maintaining perfect health and superb physical fitness.

PHYSICAL CULTURE CORPORATION

Dept. 1, 113-119 West 40th Street, New York

This book may be purchased at any of the stores mentioned on page 128.
For a complete list of physical culture health books see page 128.

--- CLIP THIS COUPON ---

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You may send me for inspection the MILK DIET COURSE and enter my name for a one year's subscription to PHYSICAL CULTURE MAGAZINE. I agree to return the course within five days after receipt or send you \$5.00 in full payment.

Name.....
Address.....
City.....

Which of these two men has learned the secret of 15 minutes a day?



The secret is contained in the free book offered below. Until you have read it you have no idea how much 15 minutes a day can mean in growth and success. Send for your copy now

HERE are two men, equally good-looking; equally well-dressed. You see such men at every social gathering. One of them can talk of nothing beyond the mere day's news. The other brings to every subject a wealth of side light and illustration that makes him listened to eagerly.

He talks like a man who has traveled widely, though his only travels are a business man's trips. He knows something of history and biography, of the work of great scientists, and the writings of philosophers, poets, and dramatists.

Yet he is busy, as all men are, in the affairs of every day. How has he found time to acquire so rich a mental background? When there is such a multitude of books to read, how can any man be well-read?

The answer to this man's success—and to the success of thousands of men and women like him—is contained in a free book that you may have for the asking. In it is told the story of Dr. Eliot's great discovery, which, as one man expressed it, "does for reading what the invention of the telegraph did for communication." From his lifetime of reading, study, and teaching, forty years of it as president of Harvard University, Dr. Eliot tells just what few books he chose for the most famous library in the world; why he chose them, and how he has arranged them with notes and reading courses so that any man can get from them the essentials of a liberal education in even fifteen minutes a day.

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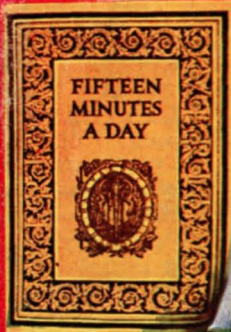
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Every well-informed man and woman should at least know something about this famous library.

The free book tells about it—how Dr. Eliot has put into his Five-Foot Shelf "the essentials of a liberal education" how he has so arranged it that even "fifteen minutes a day" are enough, how in pleasant moments of spare time, by using the reading courses Dr. Eliot has provided for you, you can get the knowledge of literature and life, the culture, the broad viewpoint that every university strives to give.

"For me," wrote one man who had sent in the coupon, "your little free book meant a big step forward, and it showed me besides the way to a vast new world of pleasure."

Every reader of PHYSICAL CULTURE is invited to have a copy of this handsome and entertaining little book. It is free, will be sent by mail, and involves no obligation of any sort. Merely clip the coupon and mail it to-day.



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